

SPRING 2009 BROCHURE



Vienna Green Expo

Thursday, April 16th

7pm to 9pm

Vienna Community Center

Presenting practical information and demonstrations to help you make green choices!

Presentations and discussions for children and adults from local organizations and businesses



TOWN OF VIENNA PARKS AND RECREATION

120 CHERRY ST. SE
VIENNA, VA 22180

Phone: 703-255-6360 / Fax: 703-255-6399

www.viennava.gov

INFORMATION

PARKS AND RECREATION STAFF

DIRECTOR

Cathy Salgado 703-255-6356

COMMUNITY CENTER MANAGER

Leon Evans 703-255-6355

PARKS

Al Garlock, Park Superintendent 703-255-6335

John King, Parks Supervisor 703-255-6336

Mark Allen, Arborist/Horticulturist 703-255-6309

RECREATION

Amy-Jo Hendrix, Recreation Program Supervisor 703-255-6357

Brandy Wyatt, Teen Center and

Summer Camps Coordinator 703-255-5721

Enrique Guzman, Sports and Fitness Coordinator 703-255-6352

Cheryl Harlan, Mature Adults Coordinator 703-255-7801

ADMINISTRATIVE ASSISTANTS

Nancy Riddel, Monday and Tuesday 703-255-6360

Libby Sanders, Wednesday, Thursday, Friday 703-255-6360

PHONE NUMBERS

Community Center Front Desk 703-255-6360

Fax 703-255-6399

Weather, Special Events and Sports Line 703-255-7842

TTY 703-255-5739

Virginia Relay Center 800-828-1140

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YOUTH TEAM SPORTS

VIENNA BABE RUTH LEAGUE – boys ages 13 – 18, call Clark Gray for information at 703-698-6808. Website:

www.leaguelineup.com/viennababeruth

VIENNA LITTLE LEAGUE – For children ages 5 – 12, Little League also sponsors T-ball program. For further information call VLL voice mail at 703-573-3339. E-Mail at cerv1939@aol.com

VIENNA GIRLS SOFTBALL LEAGUE – Softball program for girls ages 6 – 18, for more information call VGSL voice mail at 703-281-5216. Web address is www.vgsl.org

VIENNA YOUTH INC. – Programs in football, lacrosse, rugby, and wrestling for boys, and cheerleading for girls ages 7 – 16 and basketball and track for boys and girls ages 7 – 16. For more information, the following are phone numbers for the various sports, or access the website at www.vyi.org

Football – Dave Hall – 703-242-4354 – chall14@cox.net

Wrestling – John Cali – 703-698-1370 – jccali@cox.net

Basketball – Jay Brigham – 703-277-2802 – brighamj@verizon.net

Cheerleading – Rebecca Michalski – 703-281-4537 – vyicheer@cox.net

Lacrosse – David Paddock – 703-262-1035 – dpads@yahoo.com

Rugby – Barr Snyderwine – 301-765-2070 – snyderwine@aol.com

Volleyball – Bob Bell – 703-938-2208 – volleyball@vyi.org

VIENNA YOUTH SOCCER – For boys and girls ages 5 – 18, call VYS voice mail at 703-242-3828 for information. Web address is www.vys.org

INFORMATION



ON-LINE REGISTRATION WEBTRAC

How does it work?

- If you have registered for a class or program from January 2003 to present, you have been assigned a user name and password.
- The user name is your household ID# and your password is your household ID#.
- If you have questions about your user name or password please call the community center at 703-255-6360.
- Log onto our website www.viennava.gov and look for the **WebTrac** icon. Click on the icon.

WEBTRAC REGISTRATION INSTRUCTIONS

1. Welcome Page - Click "Continue to Log-In"
2. Enter your user name and your password (Household ID #) and click Sign-In. You will be instructed to change your password the first time you log on.
3. To register select the "Shop" option and then select "Activity Enrollment".
4. Enter the 6-digit activity number and the letter number section identifier of the desired activity/program.
5. Select the family member that you wish to enroll from the "Family Member to Enroll" pull-down box.
6. Follow directions on the screen.
7. Review your billing information and click on the "GO" button to begin the payment authorization process.
8. Next, review the on-screen warning, click the Continue button. You MUST WAIT until your receipt appears before trying to navigate in your browser.
9. Click the "OK" button to view a copy of your receipt.
10. Your receipt should appear in your browser and you can print and/or save your receipts for your records.
11. Once you have closed your receipt your transaction is complete and you can select from 3 options: "back to home page", "more shopping" or "finished"
12. If you experience difficulties, please call our main number at 703-255-6360.

IMPORTANT TID BITS

You will be logged off the system after 5 minutes of inactivity. You must close your receipt for your transaction to be completed.

HISTORIC VIENNA, INC.

HISTORIC VIENNA, INC. is in need of volunteers to help staff and coordinate both old and new programs. Areas of need are: Tour Guides and Store Docents. Hours and times may vary. We will train. Call 703-938-5187.

FREEMAN HOUSE AND STORE

Located at 131 Church St. NE, the Freeman House and Store is jointly owned and operated by the Town of Vienna and Historic Vienna, Inc. Tours may be scheduled by calling 703-938-5187.

Store Hours:

Wednesday through Saturday

Noon - 4:00 p.m.

Sunday

1:00 p.m. - 5:00 p.m.

The Store is closed during the month of January.

LITTLE LIBRARY

The Little Library is now open the first Sunday of each month (except January) from 1:00 p.m. to 4:00 p.m.

READING PROGRAM

Children ages 4-12 are welcome at the Little Library the 2nd Saturday of each month from 10:00 a.m. to 11:00 a.m. for our reading program.

REGISTRATION DATES

**IN TOWN BEGINS
FEBRUARY 2 AT 8:00 A.M.**

**OUT OF TOWN BEGINS
FEBRUARY 9 AT 8:00 A.M.**

**Classes need to reach the minimum number
one week prior to the start or they will be
canceled. Please register early.**

AMERICANS WITH DISABILITIES ACT

The Vienna Parks and Recreation Brochure will be made available in large print or on Audio Cassette upon request. Call 703-255-6360
TTY 703-255-5739 / Virginia Relay Center 1-800-828-1140.

The Town of Vienna does not discriminate on the basis of disability in the administration or access to or treatment or employment in its programs or activities. The Director of Public Works at 127 Center St. S, Vienna, VA 22180 has been designated to coordinate ADA compliance.

This location is fully accessible to persons with disabilities. Translation needs to be requested in writing at least seven working days before the day of the event.

REGISTRATION INFORMATION

REGISTRATION DATES AND TIMES

- In Town (walk-in, mail-in, webtrac, fax) begins February 2 - 8:00 a.m.
- Out of Town Registration (walk-in, mail-in, webtrac, fax) begins February 9 at 8:00 a.m.

Registration can be dropped off the main lobby of the Community Center: Monday - Friday - 8:00 a.m. - 10:00 p.m. Saturday 9:00 a.m. - 6:00 p.m. and Sunday 12:00 p.m. - 7:00 p.m.

Due to the large number of registrations and the number of people entering registrations, mail in, drop off and faxes are randomly entered.

REGISTRATION FORM

- Please use a separate registration form for each distinct household. Example: do not sign up your neighbor or family member residing at a different address on your form.
- Please include complete address, phone numbers and email information.
- Include activity number, section, name and birthdate.

FEES

- Full payment must be included with your registration form.
- Sending the incorrect fee will delay your registration
- **Forms of payment** are CREDIT CARD (American Express, Discover, Master Card or Visa), CHECK (made payable to the Town of Vienna) or CASH (exact change only).
- **R** next to the fee indicates individuals that reside within the corporate limits of Vienna.
- **NR** next to the fee indicates individuals that reside outside the corporate limits of the Town of Vienna.
- When registering for more than one class please submit a separate check or money order for each class. If a class is full this will eliminate holding up your registration for the other classes. A \$25 fee is charged for returned checks.

TOWN OF VIENNA CITIZENS 65 AND OVER

Individuals over the age of 65 residing within the corporate limits of the Town of Vienna may register free of charge for all classes except those marked with an **s/c**. However, a materials fee will be charged when applicable. Registration can not be done on-line for these classes.

AGE REQUIREMENT

Participants must meet the age requirements by the start of the program.

CANCELLATIONS

We reserve the right to cancel a class, program or special event due to insufficient enrollment. All programs require a minimum number of participants. Programs are normally cancelled one week before each session begins. A full refund will be given. PLEASE REGISTER EARLY!

REFUNDS AND CREDITS

Refunds - To obtain a full refund or credit a request must be submitted 14 calendar days prior to the start of the program.

A refund requested less than 14 calendar days prior to the start of the program will incur a 50% penalty (\$50 max) per program.

Credits - There is no fee for a household credit submitted 14 calendar days prior to the start of the program. A household credit requested less than 14 calendar days prior to the start of the program will incur a 10% penalty per program.

No refunds or credits will be given after the first class without a doctor's note. No refunds will be given for materials fee or Pottery Lab.

Trips - No refunds or credits will be issued within 30 days of the trip. Please note some trips require a deposit, deposits are non-refundable.

PRORATED CLASSES

We will prorate classes for students registering late for a class, however, we cannot prorate the class fee for students who will miss classes in the middle of the session.

CLASS LOCATIONS

Please note that pottery classes are held at the Bowman Arts and Crafts Center, 211 Center St. S. All other classes are held at the Community Center unless otherwise noted. Locations are fully accessible to persons with disabilities. Request from persons with disabilities are to be requested in writing at least seven (7) working days before the day of the event. Call 703-255-6360.

HOLIDAYS, TEACHER WORKDAYS AND SNOW POLICY

- If there is no school because of a holiday all classes are canceled.
- Classes will meet when school is closed for teacher workdays.
- **Snow Policy** - We will follow Fairfax County Schools with regard to snow. If school starts late, morning classes are cancelled through 12:00 p.m. If school closes early, afternoon and evening classes are cancelled from 12:00 p.m. on. If classes are canceled due to snow for the day all our classes are canceled. Canceled classes due to snow will be made up.

CONFIRMATION POLICY

Please note the date and time of your class. If registering by Webtrac a confirmation can be printed from the screen. For In person, drop off, mail-in and faxes a confirmation will be mailed to you within one week. We may also need to notify you if your class is cancelled or changed, therefore we must have a day time telephone number and e-mail address.

GENERAL POLICY

- Please arrive on time for classes. We cannot hold up a classroom of students for those that are late.
- TO ENSURE THE SAFETY OF YOUR CHILD PLEASE ACCOMPANY YOUR CHILDREN TO AND FROM THE CLASSROOM.
- Please pick up your children promptly at the end of class. Before and after class supervision is not available. We may find it necessary to charge an additional fee of \$10 to parents who are habitually late in picking up their children.
- We will reschedule all classes we cancel, however, we cannot reschedule classes for students who miss classes.
- If students can not be a cooperating member of class they will be asked to withdraw. A refund will be issued for the remaining classes. No refunds will be issued for supply fees or pottery lab.

NEW - BEHAVIOR POLICY

- Parks and Recreation classes are to be enjoyed by all from youth through adults. Participants that continually disrupt the class experience for other class members will be asked to withdraw from the class. You will receive a refund for the balance of the class, however materials fees or pottery lab fees will not be refunded.

WEBTRAC

- **WEBTRAC WILL ALLOW YOU TO REGISTER ON-LINE.**
- **WebTrac** can be found on the internet by going to www.viennava.gov and clicking on the **WebTrac** icon.
- Some trips, programs and events may require you to come to the Community Center or to fax or mail-in registration.
- Full payment is required at the time of registration and you must use a credit card (American Express, Discover, Master Card or Visa).
- **WebTrac** is secured by Verisign-Thwart and your credit card information is not viewable by any outside parties.

MATURE ADULT TRIPS

All mature adult trips are open to persons ages 50 and over. Advanced registration is required for all trips as space is limited. However, others may participate if space allows. S/C indicates that there are no discounted in-town fee for seniors of any age for the trip. R indicates the Town resident rate. NR indicates seniors residing outside town limits.

AROUND THE WORLD DINING KOREAN CUISINE AT TYSON'S CORNER WOO LAE OAK KOREAN RESTAURANT s/c

Tyson's Corner, VA

Dianne Hennessy King, culinary historian and cultural anthropologist, will host a dinner of some of the best examples of Korean cuisine. Join us in our own private dining room at the beautiful Woo Lae Oak Restaurant for a festive buffet that features nine specialties, including Tenderloin of Beef, Sweet and Sour Pork, Stir-fried Vermicelli and a Romaine Salad, among other selections. Learn about Korean food, culture and history while enjoying a good meal with old friends and new acquaintances. **Woo Lae Oak Restaurant is located at 8240 Leesburg Pike, Vienna, 22182. Transportation is on your own. For restaurant guests there is a free parking garage attached to the rear of the building. Take the elevator to the dining room. Due to popular interest, this program has been planned to accommodate 50 people. Register early to insure your reservation.**

March 11

441561A1 - W – 6:00 p.m. – 8:00 p.m.

Fee: R \$35 / NR \$43.75



THE EVERGREEN AND HOMWOOD MANSION TOURS AND LUNCH AT JOHNS HOPKINS UNIVERSITY s/c

Baltimore, MD

Visit two unusual John's Hopkins University mansions. Highlights of the **Evergreen Mansion**, include the Bakst Theatre, complete with stenciled walls, a lobby ceiling with a Russian peasant motif and stage sets with costumes. You will also visit a library with treasures from around the world, a music room and a bathroom with a gold leaf water toilet tank. Another mansion, the **Homewood Museum** is one of the nation's best examples of Federal Period architecture and a handsome National Historic Landmark. During our day we will have a delicious boxed lunch prepared especially for us and served in the mansion.

Preview a visit by going to: Visit www.museums.jhu.edu/evergreen/visit/groups

Space is limited to the first 32 enrollees. This trip includes tour, luncheon and transportation.

April 22

441561 B1 - W – 9:15 a.m. – 4:30 p.m.

Fee: R \$70 / NR \$87.50



GLENFIDDICK FARM COOKERY SCHOOL s/c

Leesburg, VA

Join us in cooking a healthy luncheon during this unusual trip experience. Chef, Olwen Woodier, will share healthy techniques for cooking seafood, chicken, pork, nuts, whole grains, vegetables and fruits recipes. The demonstration will also offer the

opportunity for the hands-on preparation of foods. You may watch or participate. We will enjoy the meal which we have taken part in preparing. We will also have a pottery demonstration and visit an on-site pottery studio; as well as a chance to walk the farm grounds before our trip home.

This trip includes a cooking demonstration with some hands-on preparation by visitors, lunch and transportation. This trip is opened to 23 participants.

May 13

441561 C1 - W – 9:30 a.m. – 3:30 p.m.

Fee: R \$65 / NR \$81.25

THE MILLIONAIRESS AT THE OLNEY THEATRE CENTER WITH LUNCH AT THE INN AT BROOKEVILLE FARMS s/c

Olney, Md.

The Millionairess is a show that tells the story about the richest woman in the world, Epifania, who is glamorous, clever, and determined to live life on her own terms. She has honored a rule of her late father to marry a man with money-making expertise. Sadly, her professional athlete husband turns out to be less than Prince Charming and she must continue the search for a worthy partner. In a zany comedy about class, sex, and power; Epifania comes to find that money can't buy you love...but it helps. Prior to the show you will have lunch at the Inn at Brookeville Farms.

Space is limited to the first 23 enrollees. This trip includes show, luncheon and transportation.

June 24

441561 D1 - W – 10:30 a.m. – 5:30 p.m.

Fee: R \$80 / NR \$100



ADULT/FAMILY TRIPS/SPECIAL EVENTS

PHILADELPHIA FLOWER SHOW S/C

Wednesday March 4th

Come see and smell the largest floral show in the world. This year's theme is "Bella Italia." "Bella Italia" will celebrate the landscapes, gardens and culture of Italy, which have enchanted visitors and artists for centuries. The celebration of the natural beauty will encompass, art, food, music and people of Italy. There will be a large array of activities to enjoy such as horticultural, artistic, and culinary lectures, demonstrations, and presentations. There will be opportunities to shop the marketplace and enjoy tastes from the Convention Center Food Court. Fee includes transportation and admission to show with all-day re-entry privileges. Bus will depart Community Center at 8:00 a.m., and return around 7:00 p.m.

351560 A1 – W

Fee: R \$68 / NR \$85



CIVIL WAR TOUR HUNTER MILL RD. CORRIDOR S/C

Saturday, June 13th

Ages: 12 and up

This three and a half hour narrated tour which will enable you to visit the locations of skirmishes, encampments, graves and historical structures of the Civil War period. The bus tour will begin at the Historic Freeman House in Vienna and will make its way around the local area including Oakton, Chain Bridge Road, and the Hunter Mill Road region. The narration will incorporate a unique approach including the terrible ordeal of the local citizenry as well as the soldiers and raiders of the time. You will gain a real feel for how life was like in the local area during those four turbulent years. Tour books with photos will be provided. Please note that moderate walking over uneven and rocky surfaces may be required. Don't miss out on this opportunity to attend an informative lecture led by a local historian from the Hunter Mill Defense League. Some casual walking.
8:30 a.m. – Meet at Historic Freeman House in Vienna
12:30 p.m. – Estimated Return to Historic Freeman House in Vienna

451182 A1 – Saturday - Fee: R \$45 / NR \$56.25

OPEN MIC NIGHT

**SATURDAY - FEBRUARY 28
7:00 P.M. - 9:30 P.M.**

**Do you sing? Play an instrument?
Recite Poetry?**

If so please join us for a free night of entertainment.

Refreshments and table seating

Pre-register by calling Jim Dowell at 703-286-3427

ATLANTIC CITY OVERNIGHTER AT THE HILTON RESORT S/C

March 12th – 13th

Depart the Community Center at 10:00 a.m. Thursday, and return Friday around 7:30 p.m. The cost includes bus transportation, \$10 casino bonus package, \$10 food coupon, and accommodations for one night at the Hilton Resort and Casino. There will be a stop going up and coming back. A \$50 non-refundable deposit is due upon registration and the balance is due by February 20th. there will be NO refunds after February 12th and RESERVATIONS WILL NOT BE ACCEPTED AFTER FEBRUARY 20TH!

351181 A1 – TH and F

Package A – Single Occupancy – R \$172 / NR \$197

Package B – Double Occupancy – R \$130 / NR \$151

Package C – Triple Occupancy – R \$121 / NR \$140

The Friends of the Town Green was established to provide support, in every way, in order for these popular free events to continue. We invite you to join in our efforts and become a Friend! Memberships, Donations and Sponsorships are welcome at any time. To find out more about this volunteer organization please visit the Town of Vienna website at www.viennava.gov and go to Parks and Recreation for the link. Multiple opportunities for individuals, families, businesses and organizations are available to make a donation, be a sponsor, become a member or volunteer. For more information contact Cathy Salgado at 703-255-6356 or csalgado@viennava.gov.



CONCERTS ON THE GREEN

**The Vienna Town Green 2009
Performance Series will begin in May and
continue through September. A full
schedule of performances will be available
mid-April.**

TENTATIVELY SCHEDULED:

Annapolis Bluegrass

Jimmy and Moondi

Bill Emerson and the Sweet Dixie Band

Blaskapelle "Alte Kameraden"

SPECIAL EVENTS



FAMILY FLASHLIGHT EGG HUNT

April 3

Enjoy a family evening searching for eggs and prizes, in the dark! Please bring a flashlight so you can find the eggs. Jump like a bunny in the moon bounce and visit the Easter Bunny. The cost is \$3.50 per family member, under 12 months free. A maximum of six tickets can be purchased. Tickets go on sale for in-town residents on Saturday, March 14 from 9:00 a.m. – 10:00 a.m. All remaining tickets will go on sale Monday, March 16 at 8:00 a.m.

RAIN OR SHINE



OLD FASHION EGG ROLL AND EASTER FUN

Join Historic Vienna, Inc. for an Old Fashion Egg Roll on Saturday, April 4 from 10:30 a.m. - 11:30 a.m. at the Historic Freeman House, 131 Church St. Children 12 and under and their parents are welcome to stop by and participate in an egg roll, visit with the Easter Bunny and enjoy the tales from a storyteller. For more information call 703-938-5187.

GYM DROP IN FOR TOTS

Ages 20 months through 5 years with Parent

The gym will be open for toddlers to ride their play vehicles. The vehicles must be unmotorized and have three or more wheels (NO two wheel vehicles). Each parent is responsible for supervising their child. This activity is free.

T/TH - 9:00 a.m. - 10:00 a.m.

FAMILY SKATE NIGHT



Ages: Entire Family

Families can enjoy Friday evening skating in the Community Center Gymnasium. The cost is \$1.00/person. Participants are required to bring their own skates and safety equipment. Please, NO SCOOTERS – roller skaters and in-line skaters only. Children without skates must remain off the floor for safety reasons. Parents are required to stay and welcome to participate. Safety equipment is strongly recommended!

April 17 – June 12 (no skating April 24, May 8, or June 5)

Fridays from 6:30 p.m. – 8:00 p.m.

Fee: \$1 / person

MOVIES IN THE PARK

Come to Glyndon Park in Vienna to watch your favorite family movies. We will turn the park into an outdoor movie theatre! All movies will be rated G. We welcome everyone to bring lawn chairs or blankets or just sit in the grass and enjoy their favorite movie with the whole family. What a great way to start off the weekend! Show dates and times are as follows:

May 29 – 8:00 p.m.*

June 26 – 8:45 p.m.*

July 24 – 8:45 p.m.*

August 28 – 8:45 p.m.*

*or at dusk, whichever comes first

No rain dates. Parents and families members are required to stay with their children. Call 703-255-7842 for movie information after noon on Wednesday before the show date and for weather information on the day of the show.

SPRING BREAK

3 ON 3 BASKETBALL TOURNAMENT See page 16 for more details

April 9

423410 A1 – TH – 8:30 p.m. – 10:30 p.m.

Fee: \$10.00 per team

YOUTH SUMMER CAMPS

It's that time of the year again to send your child away to summer camp, and Vienna Parks and Recreation offers a wide variety of activities. Check out our camps in the Summer Camp Brochure available in February. **Summer camp registration begins March 9th for Town of Vienna residents, and March 16th for non-residents.** Here is what to look for:

Tennis Camps (June/July/August)

Basketball Camps (July/August)

Fencing Camps (July/ August)

UK Elite Soccer Camp (June/July/August)

Teen Camps (all summer long)

Summer Playground Camps (all summer long)

Vienna Baseball, Football, and All Sports Camps (all summer long)

And other Specialty Camps

SPECIAL EVENTS

ANTIQUE SHOW AND SALE

Dealers from all over will show and sell a variety of furniture and collectibles.

Friday - February 20 - 6:00 p.m. - 8:30 p.m.

Saturday - February 21 - 10:00 a.m. - 6:00 p.m.

Sunday - February 22 - Noon - 5:00 p.m.

Admission: \$4.50

AMATEUR PHOTOGRAPHY CONTEST AND EXHIBIT

Open to Metropolitan Area Amateur Photographers
Entries Accepted:

March 19 - Thursday - 5:00 p.m. - 9:00 p.m.

March 20 - Friday - 12 Noon - 3:45 p.m.

Exhibit Dates:

March 21 - Saturday - 10:00 a.m. - 3:00 p.m.

March 22 - Sunday - 12:00 Noon - 3:30 p.m.

Entry Fee: \$10 per person (limit of 4 photos)

Applications will be mailed out February 1, 2009. With a limit of two photos per category. Ribbons will be awarded in eight categories: animals, architecture, nature, pictorial, scenic, photojournalism, portraiture, digitally enhanced.

There will be a separate section for Middle School and High School students grades 7-12.

ASSISTED BY
VIENNA PHOTOGRAPHIC SOCIETY



VIENNA THEATRE COMPANY PRESENTS

CROSSING DELANCEY

Comedy

By: Susan Sandler

Produced Through Special Arrangement with
Samuel French, Inc.

"Isabel is a modern young woman who lives alone and works in a book shop. When she is not pining after a handsome author, she is visiting her grandmother in Manhattan's Lower East Side. This delightfully nosey old lady and her friend the matchmaker have found a "good catch" for Isabel - Sam, the handsome pickle vendor. The end of the play is really a beginning, ripe with possibilities for Isabel and Sam."

April 24, 25, May 1, 2, 8, and 9 - 8:00 p.m.

May 3 - 2:00 p.m.

Tickets - \$10

\$9 Senior Citizens age 65 and older and Students.

Ticket go on sale March 24

AUDITIONS

ARE FEBRUARY 9 AND 10 AT 7:30 P.M. BE
PREPARED TO DO COLD READINGS FROM THE
SCRIPT. THOSE AUDITIONING FOR BOBBIE
SHOULD PREPARE 8 MEASURES TO SING
ACAPPELLA (PREFERABLY SOMETHING COMIC).

The Ninth Annual Writing Your Personal History Symposium at the Vienna Community Center



PRIVATE FACES AND PUBLIC PLACES

Thursday, May 7 – 10:00 a.m. – 2:00 p.m.

Coordinated by Dianne Hennessy King,
Editor, Cultural Anthropologist and Memoir Writing Instructor

Fee: \$20 symposium fee only

Bring a bagged lunch or pre-order a boxed lunch for \$6.50

Gain inspiration and writing techniques from wonderful speakers who will explore the connections between personal history and public history. Improve your own writing by learning from authors, editors, a broadcast journalist, creative writing teachers and fellow writers at the symposium.

Featured speakers include:

Nina Sichel

co-editor of *Unrooted Childhoods: Memoirs of Growing Up Global*

Walter C. Rodgers

formerly senior international correspondent for CNN and author of
Sleeping with Custer and the 7th Cavalry: An Embedded Reporter in Iraq

PLEASE NOTE LUNCH OPTIONS. ADVANCE REGISTRATION IS NECESSARY

May 7

442484 A1 - TH -10:00 a.m. - 2:00 p.m. - Fee: \$20 registration fee only

442484 B1 - LUNCH FEE REQUIRES REGISTRATION - Fee: \$6.50 fee for a pre-ordered boxed lunch

Boxed lunch will contain a turkey on rye sandwich, with potato chips, a chocolate chip cookie and a lemonade.

Coffee and tea are included in the symposium fee.



INFANT/PRESCHOOL

MUSIC TOGETHER

Ages: Birth – 6 and their moms, dads, or caregivers

**Instructor: Tuesday and Friday - Linda Criscitello
Saturday - Gail Browne**

Come experience the joy of family music with music and movement classes for infants, toddlers, preschoolers, kindergartners and the grownups who love them. Children of mixed ages participate at their own level by singing, moving, chanting, listening and exploring with musical instruments. Any caregivers-parents, grandparents, nanny-can bring the children. Adults participate with the children and receive music

development information. There is no charge for siblings under eight months (at start date of class). For more information, please call Linda at 703-424-7295.

Curriculum fee: \$37 per family, check payable to Music Together of Vienna, due the first day of class. This includes two professionally recorded CDs of the semester's collection, a songbook with illustrations, activities and parent education. In addition, all families new to Music Together receive a book explaining our principles, research and philosophy.

April 21 - June 16 (No class May 5)

408140 A1 - T - 9:15 a.m. - 10:00 a.m.

408140 B1 - T - 10:15 a.m. - 11:00 a.m.

408140 C1 - T - 11:15 a.m. - 12:00 p.m.

April 17 - June 12 (No class May 15)

408140 D1 - F - 9:15 a.m. - 10:00 a.m.

408140 E1 - F - 10:15 a.m. - 11:00 a.m.

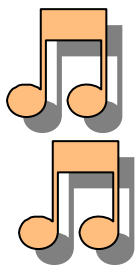
April 18 - June 13 (No class May 23)

408140 G1 - S - 9:00 a.m. - 9:45 a.m.

408140 H1 - S - 10:00 a.m. - 10:45 a.m.

408140 I1 - S - 11:00 a.m. - 11:45 a.m.

Fee: R \$130 / NR \$162 - Eight classes



FAIRYTALE FEAST

Ages 3-6

Instructors: Babs Dyer

A fun time preparing tasty snacks from the pages of our favorite fairytales! Each class will be based on a tale with appropriate activities to enhance. **Children must be toilet trained to attend.**

April 14 - June 2

409333 A1 - T - 9:30 a.m. - 11:30 a.m.

Fee: R \$96 / NR \$120 - Eight Classes

CLASSIC TALES 'N TUNES®

Ages 18 months – 4 years with a caring adult

Instructor: Kateri Chambers

Classic Tales 'n Tunes(r) joyfully welcomes young children to the world around them with a dynamic curriculum and a variety of fun activities: reading stories, making music, enjoying puppetry, exploring gross motor equipment, and playing interactive games. Each engaging lesson centers on a theme and features a rich diversity of music and literature from different genres and cultures. Spanish and American Sign Language, our country's 2nd and 3rd most common languages, are blended into the curriculum, promoting a friendly and inclusive environment. Our multi-sensory approach nurtures cognitive, language, motor, social and emotional skills as well as musicality and creativity. Loving caretakers participate and learn valuable new skills too! Siblings of enrolled students attend for FREE if 11 months or younger, and otherwise may register with instructor's permission. Materials fee included. Visit www.classictnt.com to learn more about this award-winning program!

April 13 - June 15 (No class May 25)

409420 A1 - M - 9:00 a.m. – 9:45 a.m.

409420 B1 - M - 10:00 a.m. – 10:45 a.m.

Fees: R: \$153/ NR:\$191.25 – Nine classes

THE PLAY'S THE THING!

MUSICAL THEATER FOR EARLY LEARNERS

Ages 4-6

Instructor Babs Dyer Welcoming your “theatrically inclined” preschooler to their first theater experience. Each class will incorporate the “telling” of a tale, the “acting” of a tale, the “singing” of a tale, “dancing out our tale”, as well as a creative art project to finish up our time together. Creative children encouraged to explore and express! All children must be potty trained.

April 15 - June 3

409333 B1 - W - 9:30 a.m. - 11:30 a.m.

Fee: R \$96 / NR \$120 - Eight weeks

CLASSIC TALES 'N TUNES®

TINY TUNES

Ages birth - 17 months with a caring adult

Instructor: Kateri Chambers

Step out of the hustle and bustle of life and reserve this precious time for you or your loving caregiver and your baby or toddler to share wonderful music and movement activities. Sing, dance, learn finger plays with American Sign Language and Spanish, and play parachute games in this engaging class, designed by the creator of Classic Tales 'n Tunes. Nurture your child's development of listening, language, fine and gross motor skills while having fun! Materials fee included. Visit www.classictnt.com to learn more about this exciting program!

April 13 - June 15 (No class May 25)

409421 A1 - M - 11:00 a.m. - 11:45 a.m.

Fee: R \$153 / NR \$191.25 - Nine Classes

PRESCHOOL/YOUTH

SOCCER BUDDIES

Age: 3 (parent participation required)

Learn the exciting game of soccer with your child! Learn, "the ball is your friend" as we explore the beginning techniques of dribbling, passing, and trapping. Attention is also given to the basic warm-up and stretching techniques, as well as body coordination. Bring your own soccer ball.

March 28 - May 30 (No class April 11 and May 23)

414330 A1 - S - 8:30 a.m. - 9:00 a.m.

April 4 - May 23

414330 B1 - S - 9:10 a.m. - 9:40 a.m.

Fee: R \$92 / \$115 - Eight classes (parent and child)

SOCCER STATION 3-4

Ages: 3 - 4

An action packed class designed to help children develop basic skills. Dribbling and passing are practiced as well as marking, shooting, and ball control. Bring your own soccer ball and wear shin guards! Parents may observe the last class only.

March 28 - May 30 (No class April 11 and May 23)

414331 A1 - S - 9:50 a.m. - 10:20 a.m.

414331 B1 - S - 10:30 a.m. - 11:00 a.m.

Fee: R \$100 / NR \$125 - Eight classes

SPORTS AND GAMES FOR KIDS-PEP (Physical Enrichment Program)

Ages: 4 - 6

Instructors: Helen Petrakes and Chris Kurtzman

The focus of this program is to teach children the fundamentals of team sports such as soccer, basketball, baseball, hockey, and volleyball in a safe, fun environment. Children have the opportunity to release some energy and socialize with other children. Values such as sportsmanship, teamwork, sharing and consideration of others will be stressed in this class.

Please bring a water bottle to class.

March 12 - April 23 (No class April 9)

404706 A1 - TH - 9:45 a.m. - 10:45 a.m.

March 11 - April 22 (No class April 8)

404706 B1 - W - 1:30 p.m. - 2:45 p.m.

March 12 - April 23 (No class April 9)

404706 C1 - TH - 1:30 p.m. - 2:45 p.m.

Fee: R \$90 / NR \$112 - Six classes

May 7 - May 27

404706 D1 - TH - 9:45 a.m. - 10:45 a.m.

May 6 - May 27

404706 E1 - W - 1:30 p.m. - 2:45 p.m.

May 7 - May 28

404706 F1 - TH - 1:30 p.m. - 2:45 p.m.

Fee: R \$60 / NR \$75 - Four classes

CHILDREN'S DANCE

These classes can help improve coordination and agility. In ballet children learn basic ballet positions and movements aiding coordination, balance, perception and flexibility. Classes progress in floor work and bar exercises depending on the level of children's abilities. Soft-soled ballet slippers are needed for the appropriate class. Please label all equipment with the child's name and telephone number. Children who cannot be a cooperating member of the class may be asked to discontinue until they are older.

KINDERTOTS MOMMY AND ME

Age 2-3

A pre-Kinderdance program designed for young children to participate with their parents in an active learning environment. Creative movement, gross motor skills and body awareness are developed while learning colors, numbers, shapes and songs. Children that cannot be a cooperating member of the class may be asked to withdraw until they are older.

April 15 - June 3

Age 2

403371 A1 - W - 10:00 a.m. - 10:30 a.m.

Age 3

403371 B1 - W - 10:45 a.m. - 11:15 a.m.

Fee: R \$64 / NR \$80 - Eight classes

BALLET

Fee: R \$72 / NR \$90 - Eight classes

BALLET 3

April 14 - June 2

408100 A1 - T - 3:40 p.m. - 4:20 p.m.

April 18 - June 13

(No class May 23)

408100 D1 - S - 10:00 a.m. - 10:40 a.m.

BALLET 3 AND 4

April 15 - June 3

408100 B1 - W - 4:00 p.m. - 4:40 p.m.

BALLET 4

April 14 - June 2

408100 C1 - T - 4:30 p.m. - 5:10 p.m.

BALLET 4 AND 5

April 18 - June 13

(No class May 23)

408100 E1 - S - 11:00 a.m. - 11:40 a.m.

BALLET 5-7

April 15 - June 3

418100 A1 - W - 5:00 p.m. - 5:40 p.m.

UK ELITE SOCCER - ELITE PETITE

Ages 3 - 5

A fun introduction to the world of soccer for 3, 4, and 5 year olds. The curriculum is based on a games-based approach to teaching soccer within a fun, learning-maximizing activity environment. Activities are fantasy-based involving role playing and are designed to maximize the number of touches each player has on the ball with their feet! Each child receives attention in a small group setting from one of U.K. Elite Soccer's professional British coaches. Parents are encouraged to stay and join in the fun!

April 16 - May 21

416330 A1 - TH - 11:00 a.m. - 12:00 p.m.

416330 B1 - TH - 1:00 p.m. - 2:00 p.m.

Fee: R \$95 / NR \$118.75 - Six sessions

PRESCHOOL/YOUTH

TWOOSY DOODLERS

For ages 20-36 months. This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

April 14 - June 2

407250 A1 - T - 9:15 a.m. - 9:55 a.m.

407250 B1 - T - 10:15 a.m. - 10:55 a.m.

April 16 - June 4

407250 C1 - TH - 9:15 a.m. - 9:55 a.m.

407250 D1 - TH - 11:15 a.m. - 11:55 a.m.

April 18 - June 13 (No class May 23)

407250 E1 - S - 10:00 a.m. - 10:40 a.m.

Fee: R \$102 / NR \$ 127.50 Eight classes - **\$32 Materials fee due the First day of class Made Payable to Abrakadoodle.**



MINI DOODLERS

Ages 3-6

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique.

April 14 - June 2

407251 A1 - T - 11:15 a.m. - 12:00 p.m.

April 16 - June 4

407251 B1 - TH - 10:15 a.m. - 11:00 a.m.

April 18 - June 13 (No class May 23)

407251 C1 - S - 11:00 a.m. - 11:45 a.m.

Fee: R \$102 / NR \$127.50 - Eight classes **\$32 Materials fee due the first day of class Made Payable to Abrakadoodle.**

DOODLERS

Ages 6-12

Children create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces children to new techniques and artists' styles. The teacher provides guidance and inspiration. Classes help children develop both skills and confidence!

April 18 - June 13 (No class May 23)

407252 A1 - S - 1:00 p.m. - 2:00 p.m.

Fee: R \$125 / NR \$156.25- Eight classes

Six classes **\$32 Materials fee due the first day of class Made Payable to Abrakadoodle.**



ABRAKADOODLE "IMPRESS ME" SPRING BREAK ART CAMP

Make an impression! Enjoy a half day of art camp and get into the excitement of creating art with impressionist styles and techniques and wow your family and friends.

Ages 3-6

Children must be potty trained. Must bring a snack and drink to camp each day.

April 6 - April 10

407253 A1 - M/T/W/TH/F - 9:00 a.m. - 12:00 p.m.

Fee: \$150 / \$180 - **\$30 materials fee due on 1st day of camp make payable to Abrakadoodle.**

Ages 6-12

Children must bring a bag lunch each day.

April 6 - April 10

407253 B1 - M/T/W/TH/F - 9:00 a.m. - 3:00 p.m.

Fee: R \$250 / NR \$300 - **\$30 Materials fee due the first day of class made payable to Abrakadoodle.**

ART EXPLORATION!

Ages: 8-11

Instructor: Kathleen Hand-Bourgin

We will explore the world of art using a variety of techniques. Come develop your skills in drawing and painting. Also, through a weekly sketch book, discover what made Monet, Cezanne and Van Gogh great artists.

April 18 - June 13 (No class May 23)

417250 A1 - S - 1:00 p.m. - 2:30 p.m.

Fee: R \$80 / NR \$100 - Eight classes - Supplies included

TENNIS EVERYONE!

Whatever your level of play, you are just a few hours of FirstServeTennis instruction away from a lifelong love of tennis! FirstServe Tennis Academy is back for another exciting year of first-rate instructional tennis programs for players of all abilities ages 4 – adult! Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors. * Bring water and your own racket, contact FSTA for advice on purchasing the appropriate racket at 571-217-1684 or visit www.tenniseveryone.net for more information.

LOCATION FOR ALL CLASSES: GLYNDON PARK

TOTS TENNIS CLASS

Ages: 4 – 6, Intro to Tennis

A tennis introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball and racket. A tennis racket is required.

March 30 – May 18 (No class April 6)

404040 A1 - M - 1:30 p.m. - 2:15 p.m.

April 3 – May 29 (No class April 10, May 22)

404040 B1 - F - 2:30 p.m. - 3:15 p.m.

Fee: R \$126 / NR \$157.50 – Seven classes

PRESCHOOL/YOUTH

GYMNASTICS PARENTS PLEASE NOTE:

*Due to the large number of parents and siblings watching the gymnastics classes we are requesting that parents only attend the first and last day of class.

*Birth Certificate verification is needed for all first time students in the 3 and up gymnastic program.

*In all classes students should wear tight fitting clothes and either gymnastic shoes or be prepared to go barefoot.

*During class we ask parents of students to wait in the back lobby for their children.

GYMNASTICS FOR PARENT/CHILD

Ages: 2 ½ and 3

A time for mom or dad and tot to spend time together while learning something new. This is an open gym experience with instructor supervision. Tots will use the balance beam, uneven bars, and tumbling mats. Parents will guide their child through each class. Only one child per parent or adult. Children not registered for the class may not accompany their parent to class.

April 16 – June 11

404060 A1 - TH - 1:00 p.m. - 1:45 p.m.

Fee: R \$45 / NR \$56.25 - Nine classes

GYMNASTICS FOR 3 YEAR OLDS

Age 3

Preschoolers will be introduced to basic skills on the uneven bars balance beam, vault and floor. The class will emphasize balance and coordination as well as group cooperation. Participants must be three, able to separate from parent and be a cooperating member of class.

April 16 – June 11

404062 A1 - TH - 2:00 p.m. - 2:45 p.m.

Fee: R \$45 / NR \$56.25 - Nine classes

TUMBLES AND TWISTS

Ages 3 and 4

This fun filled program gives tots the chance to use their imagination to the fullest through creative movement, interactive songs, tumbling and stretching exercises designed to help them understand the movement abilities of their bodies.

April 14 – June 9

404061 A1 - T - 2:00 p.m. - 2:45 p.m.

404061 B1 - T - 1:00 p.m. - 1:45 p.m.

Fee: R \$45 / NR \$56.25 – Nine Classes

April 13 – June 8 (No class May 25)

404061 C1 – M – 10:30 a.m. – 11:15 a.m.

Fee: R \$40 / NR \$50 – Eight Classes

MINI TUMBLERS

Ages 3 - 5

This class focuses on beginning tumbling skills. While having fun children will learn body awareness through stretching exercises, animal walks and tumbling skills. Children need to be able to separate from their parent and be a cooperating member of class.

Age 3

April 13 - June 8 (No class May 25)

414060 D1 - M - 11:30 a.m. - 12:15 p.m.

Age 4 – 5

April 13 - June 8 (No class May 25)

414060 C1 - M - 9:45 a.m. - 10:30 a.m.

Fee: R \$40 / NR \$50 - Eight classes

GYMNASTICS FOR YOUNG BEGINNERS

Age 4 and 5

This once a week class is a great choice for those children just starting out or continuing from our three year old programs. Children will receive instruction on balance beam, uneven bars, vault, and floor. Children must be a minimum of 4 years old, able to separate from parent and be a cooperating member of the class.

April 14 – June 9

414060 B1 - T - 3:00 p.m. - 3:45 p.m.

April 16 – June 11

414060 A1 - TH - 3:00 p.m. - 3:45 p.m.

Fee: R \$45 / NR \$56.25 - Nine classes

GYMNASTICS

Children will receive instruction on the uneven bars, balance beam, vault and floor. Class also includes flexibility and strength building moves. Classes are for all ability levels: beginner through advanced. Children progress through the program based on individual ability levels. Boys and girls are grouped primarily by ability level and age.

April 14 – June 11

AGE 5 - 12

414061 A1 - T/TH - 4:00 p.m. - 5:00 p.m.

414061 B1 - T/TH - 5:00 p.m. - 6:00 p.m.

AGE 6 – 12

414062 A1 – T/TH - 6:00 p.m. – 7:00 p.m.

Fee: R \$108 / NR \$135 – Eighteen classes

GYMNASTICS ADVANCED INSTRUCTOR WRITTEN APPROVAL REQUIRED

Ages 7 - 12

This class will have a student/teacher ratio of 4 to 1 and geared toward year around students. Students will improve on and add to skills already learned as well as work on routines, dance, flexibility, and strength. An instructor will approach the parent when a child is ready for this class. Registration without a written letter from the instructor attached will not be accepted. Participants need to be registered for the 6:00 p.m. class as well.

April 14 – June 9

414063 A1 - T - 7:00 p.m. - 8:00 p.m.

April 16 – June 11

414063 B1 - TH - 7:00 p.m. - 8:00 p.m.

Fee: R \$81 / NR \$101.25 - Nine classes

YOUTH/TEENS

KIDS TENNIS CLASSES

Whatever your level of play, you are just a few hours of FirstServeTennis instruction away from a lifelong love of tennis! FirstServe Tennis Academy is back for another exciting year of first-rate instructional tennis programs for players of all abilities ages 4 – adult! Gregg Deinhardt and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment that fosters student improvement and achievement. By keeping class size small, students benefit from individual attention that leads to quick results. Also, lessons by appointment are available so you can set up a lesson plan that fits in your schedule. * Bring water and your own racket, contact FSTA for advice on purchasing the appropriate racket at 571-217-1684 or visit www.tenniseveryone.net for more information.

ALL TENNIS CLASSES ARE HELD AT GLYNDON PARK

TENNIS I FUNDAMENTALS

Through fun skill-building games beginners and advanced beginners learn and develop the fundamental strokes.

Ages: 6 – 8

March 30 – May 18 (No class April 6)

414040 A1 – M - 2:30 p.m. – 3:30 p.m.

April 3 – May 29 (No class April 10, May 22)

414040 B1 – F - 3:30 p.m. – 4:30 p.m.

Fee: R \$126 / NR \$157.50 – Seven classes

Ages: 8 – 10

March 30 – May 18 (No class April 6)

414040 C1 – M - 3:30 p.m. – 4:30 p.m.

April 3 – May 29 (No class April 10, May 22)

414040 E1 – F - 4:30 p.m. – 5:30 p.m.

Fee: R \$126 / NR \$157.50 – Seven classes

Ages: 10 – 13

March 30 – May 18 (No class April 6)

414041 A1 – M - 4:30 p.m. – 5:30 p.m.

Fee: R \$126 / NR \$157.50 – Seven classes

TENNIS II—RALLY, SERVE AND SCORE

Ages 7 –10

This program is designed to help younger players along the path to high school tennis through match-based games and drills. For players who have mastered the strokes covered in Tennis 1.

March 30 – May 18 (No class April 6)

414040 D1 – M - 5:30 p.m. – 6:45 p.m.

Fee: R \$158 / NR \$197.50 – Seven classes

Ages: 11 – 13

Each session balances drill work with match play in the format of a high school tennis practice. The program is designed to develop all the skills required of a high school tennis player. All players will participate in weekly matches!

March 30 – May 18 (No class April 6)

414041 B1 – M - 6:45 p.m. – 8:00 p.m.

Fee: R \$158 / NR \$197.50 – Seven classes

VIENNA “NO CUT” TENNIS LEAGUE

What is the next step after years of tennis camps? How about joining the FirstServe Tennis/Topspin University “Vienna Tennis League?” The league has been developed to encourage tennis players to experience competitive tennis and learn sportsmanship in a team environment. Each week players drill and compete in matches. Every student receives a Topspin University T-shirt. Prerequisite Tennis II, similar playing experience, or coach’s recommendation.

Location: James Madison High School

All matches played on Sundays

Ages: 7 – 10, Modified Match Play League

Modified rules and scoring will help introduce match play to Vienna’s future tennis stars.

April 5 – May 17 (No class April 12)

414042 A1 – SU – 10:00 a.m. – 11:30 a.m.

Fee: R \$90 / NR \$112.50 – Six sessions

Ages: 11 – 13, High School Prep League

Open to players who understand the basic strokes, can serve, and keep score.

April 5 – May 17 (No class April 12)

414042 B1 – SU – 12:30 p.m. – 2:30 p.m.

Fee: R \$120 / NR \$150– Six sessions

Ages: 14 – 18, No – Cut Varsity League

Open to players, including those who will be trying out for high school teams in the spring.

April 5 – May 17 (No class April 12)

414042 C1 – SU – 3:00 p.m. – 5:00 p.m.

Fee: R \$120 / NR \$150– Six sessions

UK ELITE SOCCER – “STEP” SPRING BREAK CAMP

Ages: 5 – 14

The steps program is a consistent path to improvement from 5 – 15 year olds. Each STEP is designed with the age, experience and ability of the player in mind. This program gives every player the chance to fully realize their potential. As the Steps increase the skills and techniques learnt become more complex, the demands placed on the player become higher, and the intensity of the sessions increase. Each child will receive individual attention as well as group coaching in a small group setting from one of UK Elite Soccer’s professional British coaches.

April 6 – April 9

416330 C1 – M/T/W/TH – 9:00 a.m. – 12:00 p.m.

Fee: R \$120 / NR \$150

YOUTH/TEEN CLASSES

MUSICAL THEATER WORKSHOP I

Ages 8 - 12

Instructor: Babs Dyer

Come join us for an introduction to musical theater. No experience necessary. We will explore everything from the audition to the final curtain. Be ready to sing, dance, and act. Comfortable clothing suggested.

April 13 - June 8 (No class May 25)

418140 A1 - M - 3:30 p.m. - 4:30 p.m.

Fee: R \$48 / NR \$60 - Eight classes

MUSICAL THEATER WORKSHOP II

Ages 10 - 16

Instructor: Babs Dyer

This class is for the serious performer. Pre-requisite is Music Theater I or previous performance experience necessary.

April 13 - June 8 (No class May 25)

418141 A1 - M - 4:30 p.m. - 5:30 p.m.

Fee: R \$48 / NR \$60 - Eight classes

BABYSITTING TRAINING

Ages: 12 and up

Instructor: American Red Cross

This course prepares teens with everything a parent looks for in a babysitter - including safety, basic child care, safe play, first aid and critical emergency action skills. The class is taught by a certified American Red Cross Instructor. Please bring a bagged lunch.

May 9

422580 A1 - S - 9:00 a.m. - 4:00 p.m.

Fee: R \$70 / NR \$87.50 - One Class

ALL STAR ADRENALINE CHEER CLASS

Instructor: All Star Adrenaline Staff

All-Star cheer class is a terrific way to learn great cheer techniques including; motions, jumps, stunting and tumbling basics. Work with the area's best cheer instructors and improve your skills to be an outstanding cheerleader. Don't miss this class, sign up now!

March 24 - May 19 (No class April 7)

Ages 8-11

428101 D1 - T - 4:00 p.m. - 5:00 p.m.

Fee: R \$105 / NR \$131.25 - Eight classes

Ages 12-18

428101 C1 - T - 4:00 p.m. - 5:00 p.m.

Fee: R \$105 / NR \$131.25 - Eight classes

ADRENALINE ALL-STAR YOUTH JAZZ

Ages 8-11

Instructor: All Star Adrenaline Staff

The All Star Adrenaline staff teaches young dancers jazz technique, performance skills, showmanship, and confidence. This class will increase flexibility, improve dance technique, memory, balance, and strength. The experienced staff brings excitement to dance class with current upbeat music and exciting choreography! Come prepared for warm up, technique, and to learn new choreography. Comfortable dance clothes and jazz shoes are recommended.

March 26 - May 21 (No class April 9)

428102 B1 - TH - 5:00 p.m. - 6:00 p.m.

Fee: R \$105 / NR \$131.25 - Eight classes

ADRENALINE ALL-STAR TEEN JAZZ

Ages 12-18

Instructor: All Star Adrenaline Staff

The All Star Adrenaline staff teaches teen dancers jazz technique, performance skills, showmanship, and confidence. This class will increase flexibility, improve dance technique, memory, balance, and strength. The experienced staff brings excitement to dance class with current upbeat music and the hottest choreography! Come prepared for warm up, technique, and to learn new choreography. Comfortable dance clothes and jazz shoes are recommended.

March 26 - May 21 (No class April 9)

428102 A1 - TH - 5:00 p.m. - 6:00 p.m.

Fee: R \$105 / NR \$131.25 - Eight classes

ADRENALINE ALL-STAR YOUTH HIP HOP

Ages 8-11

Instructor: All Star Adrenaline Staff

Beginning hip hop dancers will learn the latest street dancing technique, performance skills, and confidence. This class offers the ability to improve hip hop style, increase memory, improve balance, and increase strength by staying grounded and strong through upper and lower body movement. The experienced staff brings excitement to this class with the latest hip hop music appropriate for youth. Comfortable loose clothing and flat sole sneakers are recommended.

March 26 - May 21 (No class April 9)

428101 B1 - TH - 4:00 p.m. - 5:00 p.m.

Fee: R \$105 / NR \$131.25 - Eight classes

ADRENALINE ALL-STAR TEEN HIP HOP

Ages 12-18

Instructor: All Star Adrenaline Staff

Intermediate dancers will learn the latest street dancing technique, performance skills, and confidence. This class offers the ability to improve hip hop style, increase memory, improve balance, and increase strength by staying grounded and strong through upper and lower body movement. The experienced staff brings excitement to this class with the latest hip hop music appropriate for teens. Comfortable loose clothing and flat sole sneakers are recommended.

March 26 - May 21 (No class April 9)

428101 A1 - TH - 4:00 p.m. - 5:00 p.m.

Fee: R \$105 / NR \$131.25 - Eight classes

CLUB PHOENIX

CLUB PHOENIX (VIENNA TEEN CENTER)

Students can enjoy a place of their own in Club Phoenix. The Club, a drop in center, has a lounge area, big screen TV, jukebox, CD player, X-Box, Playstation 2, VCR, Billiard and Ping-Pong tables, a state of the art sound system and more. A stage is available for open-mike nights, karaoke, and much more. There are many special events, activities, and dances throughout the year.

Students can purchase snacks at our "Candy Bar" during operation hours. Club Phoenix has free admission, unless otherwise stated.

Once your child signs out, they will not be allowed back that day. A registration form is required for all teen wishing to participate in any Club Phoenix Activity. Registration forms may be picked up at the Community Center Front Desk, Club Phoenix, and at our web site www.viennava.gov under Departments, Parks and Recreation, Club Phoenix.

Club Phoenix is staffed by the Vienna Parks and Recreation Department.

A REGISTRATION FORM FILLED OUT BY A PARENT IS REQUIRED

Club Phoenix Teen Center will be CLOSED for Spring Break, April 6-10. The center will be hosting a camp.

The Center will be closed May 25th for Memorial Day.

HOURS OF OPERATION:

6TH Grade:

Monday

12:30 p.m. - 6:30 p.m.

Tuesday-Friday

2:30 p.m. - 6:30 p.m.

7th and 8th grade:

Monday

12:30 p.m. - 6:30 p.m.

Tuesday-Thursday

2:30 p.m. - 6:30 p.m.

Friday

2:30 p.m. - 10:00 p.m.

HIGH SCHOOL VOLUNTEER HOURS

High School students are encouraged to volunteer at the teen center during the after school program, tutoring, running the snack bar, and participating in activities. Interested students should contact Brandy Wyatt at 703-255-5721.

ADULT VOLUNTEERS NEEDED

If you are interested in giving back to the youth in the area, or you have a special skill that you might like to share, please contact Brandy Wyatt at 703-255-5721. All adult volunteers must fill out an application and submit to a criminal background check prior to volunteering.

CLUB PHOENIX POLICY

All Club Phoenix participants will have one time in and out from the center. Once they sign out of the Center, they are not allowed back that day. Parents are encouraged to walk their teens into the center and pick them up at the end of the night. Teens are to be picked up when they leave the center. Loitering on the Community Center grounds is discouraged. If you have any questions, please call Brandy Wyatt at 703-255-5721.

CLUB PHOENIX AFTER SCHOOL PROGRAM

The Club Phoenix After School Program runs Monday from 12:30-6:30 p.m. and Tuesday – Fri day 2:30-6:30 p.m. for grades 6-8. There is homework help, cooking classes, book clubs, sports and fitness activities and much more. We also have pool tables, ping pong, a dance floor, foosball and video games to occupy your time. The program is free and open to any teen in the Greater Vienna area. Just fill out the registration form and you are in! Call Tammy Belcher, After School Program Supervisor, 703-255-5736 during operating hours for more details, or the Community Center front desk at 703-255-6360.

NEW

CLUB PHOENIX RENTALS

Club Phoenix Teen Center is now available for rentals on weekends. The Center is only available for parties of *teens registered at Club Phoenix*, grades 6-10. Applications are available at the Community Center front desk and via the web at www.viennava.gov, and should be submitted to Brandy Wyatt, Teen Program Coordinator. Visit the web for more details and pricing, or call 703-255-5721.



CLUB PHOENIX

CLUB PHOENIX EVENTS DR SEUSS MOVIE DAY

Stop by and help us celebrate Dr Seuss's birthday with his books that became super mega hit movies! The popcorn will be ready.

March 2 1:00 p.m. – 6:30 p.m.

ST PATTY'S DAY PARTY

All dressed in green and nothing to do?? Then join us for games, food, contests and a lot more to celebrate. Everyone is Irish today!

March 17 4:00 p.m. - 6:30 p.m.

PANCAKE APPRECIATION DAY

Ever wonder when the 1st pancake was made?? It was in 1882 in New York City. Come by and try some yummy pancake combos and more pancake trivia.

March 25 4:00 p.m.

APRIL FOOLS DAY CELEBRATION

This is a day for fun practical jokes and a lot of humor. See what we have up our sleeves!

April 1 All Day

SPAGHETTI BAR

YUMM...we love spaghetti and all the fun stuff that can go on it. Ever tried chocolate sauce on spaghetti?? It might just be the best dish you've ever had.

April 15 4:00 p.m.

HOMERUN DERBY

How many homeruns can you hit in a minute? Dare to take our challenge and see who wins the big prize!

April 23 4:00 p.m.

HAWAIIAN LUAU

Let's celebrate Hawaii with a luau at the teen center. There won't be any flaming tiki torches, but there will be a lot fun for all!

May 1 4:00 p.m. - 6:30 p.m.

GO FLY A KITE

Up, up and away...hopefully there will be enough wind to have a kite contest! Check out our kites and see.

May 12 4:00 p.m.

BLUEBERRY CHEESECAKE

Come one, come all to make this yummy desert. It is one of the staff's favorites!

May 27 4:00 p.m.

MIDDLE SCHOOL FRIDAY NIGHTS

Friday nights are the time for Club Phoenix Cinema. We will show a movie and have popcorn. Just like the big theaters, but we have 6 TV's to watch!

Fridays after 7:00 p.m.

CLUB PHOENIX PARENT ADVISORY COMMITTEE

The Club Phoenix Parent Advisory Committee works on issues that affect teens in the Greater Vienna area, Teen Center policy, and help with programming efforts. Information is distributed through **e-mail** and the committee meets if necessary. If you are a parent of a Club Phoenix member or a concerned community member invested in the future of the teens in our area, call 703-255-5721 for more details.

CLUB PHOENIX TEEN COUNCIL

Teen Council is an organization of students that plan special events at Club Phoenix, work with the Teen Council Advisor to resolve issues that affect teens in the area, and participate in community service events throughout the year. Applications can be picked up at the Vienna Community Center. Call 703-255-5721 for more information.

SPRING BREAK

3 ON 3 BASKETBALL TOURNAMENT

Grades: 6th – 8th

Get a team together for a fun 3 on 3 tournament. Team must have a 3-5 person roster and can be all boy, all girl or co-ed. The tournament will be a single elimination style played in the Community Center gymnasium. Register in person at the Center or call Brandy Wyatt 703-255-5721 before April 8th, or up to 7:00 p.m. the night of the tournament. Beverages will be provided, and prizes for the winners. If you want to play and can't find a team, call 703-255-5721.

April 9

423410 A1 – TH – 8:30 p.m. – 10:30 p.m.

Fee: \$10.00 per team

NEW

TEEN SPRING BREAK CAMP

Grades: 6th – 8th

If you are looking for something fun to do during spring break, enroll in our Teen Camp today. Club Phoenix Teen Center will be hosting a day camp at the center for grades 6th – 8th. Each day will have a different theme. **The first part of the day will feature a CSI program presented by the J. Craig Venter Institute. This will give participants fun activities to experience evidence analysis, fingerprinting and DNA analysis to become an investigator.** Campers should bring a bagged lunch and money for snacks each day. Parents will be sent an information packet prior to the first day of camp. A calendar of daily activities will be available online.

April 6 – 9

422570 A1 – M/T/W/TH – 8:45 a.m. – 5:00 p.m.

Fee: R \$80 / NR \$100 – Four days

TEEN/ADULT CLASSES

SPANISH FOR BEGINNERS - PART II

Ages 18 and up

Instructor: Carmen Diaz

For those students that completed Part I. Continue to learn to write, read and speak this popular language and improve your communication skills.

April 13 - June 8 (No class May 25)

439161 A1 - M - 10:00 a.m. - 12:30 p.m.

Fee: R \$64 / NR \$80 - Eight Classes

SPANISH FOR BEGINNERS PART III

Ages 18 and up

Instructor: Harry Diaz

For those students that have completed Part VI. You can continue to learn this popular language to improve your reading and communication with the first class.

April 13 - June 8 (No class May 25)

439162 A1 - M - 12:30 p.m. - 2:30 p.m.

Fee: R \$64 / NR \$80 - Eight Classes

SPANISH CONVERSATIONS AND REVIEW

Ages 18 and up

Instructor: Carmen Diaz

For those students that have completed Spanish Conversations. Continue to improve your skill in reading and conversation.

April 13 - June 8 (No class May 25)

439164 A1 - M - 12:30 p.m. - 2:30 p.m.

Fee: R \$64 / NR \$80 - Eight Classes

BRIDGE - HEART SERIES

Instructor: Louise Sellers

The Heart Series lessons assume familiarity with the bidding system and play techniques developed in the Club and Diamonds Series and focus primarily on defense. This is not a class for beginning bridge players.

April 20 - June 22 (No class May 25)

439170 A1 - M - 6:30 p.m. - 9:00 p.m.

Fee: R \$90 / NR \$113 - Nine weeks, plus a \$25 bridge book packet paid to the instructor on the first day of class.



GUITAR I

Ages 9 and older

Instructor: Bill Burke

The beginner class will cover basic music fundamentals, the study of chords for song accompaniment, and note reading for melody playing. Class time will include learning new material, reviewing and practicing, music issues and stories and demonstrations. No prior music experience or instrumental background required.

April 26 - June 7 (No class May 17 and 31)

458130 A1 - SU - 11:00 a.m. - 12:00 p.m.

Fee: R \$30 / NR \$37.50 - Five classes

458130 B1 - SU - 12:00 p.m. - 1:00 p.m.

Fee: R \$30 / NR \$37.50 - Five classes

Each student must have a guitar (some rentals

available from the instructor). A \$3 material fee is due to the instructor the first day of class. For questions regarding the course call the Community Center for the instructor's phone #. Classes will be held at the Bowman Arts and Crafts Center, 211 Center St. S



IRISH FIDDLE CLASS

Age 12 - adult

Instructor: Randy Latimer

Learn techniques to play the fiddle. Some experience needed. You will need to bring your own violin. Check with Foxes Music, Falls Church, Brobst Violin in Springfield, or Music and Art Center for possible rentals.

April 15 - May 20

458132 A1 - W - 5:00 p.m. - 6:00 p.m.

Fee: R \$36 / NR \$45 - Six classes



REGISTRATION DATES

**IN TOWN BEGINS
FEBRUARY 2 AT 8:00 A.M.**

**OUT OF TOWN BEGINS
FEBRUARY 9 AT 8:00 A.M.**

**Classes need to reach the minimum
number one week prior to the start or they
will be canceled. Please register early.**

TEEN/ADULT CLASSES

DOG OBEDIENCE CLASS LEVEL 1 s/c

Instructor: C&C PALS, LLC

Puppies must be between **12 weeks** and **6 months** of age and owners must present documentation of all required vaccinations *prior* to the start of the class.

All training is done using a positive motivational approach, using a bridge word or clicker to mark appropriate behavior. There is no use of force or coercion. This seven-week class will cover the basic commands of: Sit, Down, Recall, Down Stay and Loose-Lead Walking. In addition, how to deal with common puppy problems such as jumping, mouthing & biting and pulling will be covered. Owners must clean up after their dogs at all times. Please bring water for your dog. Children are encouraged to attend, but they must be accompanied by an adult. **FIRST CLASS IS LECTURE ONLY. DO NOT BRING YOUR DOG THE FIRST NIGHT.**

April 14 - May 26

459650 A1 - T - 6:00 p.m. – 6:45 p.m.

Fee: R \$80 / NR \$100 - Seven classes

DOG OBEDIENCE TRAINING LEVEL 2 s/c

Dogs must be **over 6 months** of age, with little or no previous training and owners must present documentation of all required vaccinations *prior* to the start of the class.

All training is done using a positive motivational approach, using a bridge word or clicker to mark appropriate behavior. There is no use of force or coercion. This seven-week class will cover the basic commands of: Sit, Down, Recall, Down Stay and Loose-Lead Walking. In addition, how to deal with common problems such as jumping and pulling will be covered. Owners must clean up after their dogs at all times. Please bring water for your dog. Children are encouraged to attend, but they must be accompanied by an adult. Female dogs in heat are prohibited from attending. Dogs showing aggressive behavior are also prohibited. **FIRST CLASS IS LECTURE ONLY. DO NOT BRING YOUR DOG THE FIRST NIGHT.**

April 14 - May 26

459651 A1 - T - 7:00 p.m. – 7:45 p.m.

Fee: R \$80 / NR \$100 - Seven classes

REGISTRATION DATES

**IN TOWN BEGINS
FEBRUARY 2 AT 8:00 A.M.**

**OUT OF TOWN BEGINS
FEBRUARY 9 AT 8:00 A.M.**

TEEN DRAWING

Ages 11-16

Instructor: Kerry Burch

This class is geared for the beginning artist.

Students will learn about line, contour, positive and negative space, shading, composition and perspective. Pencil, pen, conte and charcoal will be the primary tools used to create the basis for future work as well as finished pieces. Please bring a 11"x14" sketch pad, 1 drawing pencil HB, 1 drawing pencil 4B and an artgum eraser to class. Classes are held at the Bowman House, 211 Center St South

April 13 - June 8 (No class May 25)

427241 A1 - M - 5:00 p.m. - 6:30 p.m.

Fee R \$60 / NR \$75 - Eight classes

BEGINNER ADULT DRAWING

Ages 18 and over

Instructor: Kerry Burch

This class is geared for the beginning artist.

Students will learn about line, contour, positive and negative space, shading, composition and perspective. Pencil, pen, conte and charcoal will be the primary tools used to create the basis for future work as well as finished pieces. Please bring a 11"x14" sketch pad, 1 drawing pencil HB, 1 drawing pencil 4B and an artgum eraser to class. Classes are held at the Bowman House, 211 Center St South.

April 13 - June 8 (No class May 25)

437241 A1 - M—7:00 p.m.- 9:00 p.m.

Fee R \$80 / NR \$100—Eight classes

ADULT DRAWING II

Ages 18 and over

Instructor: Kerry Burch

This class is geared for the an artist with some experience. Students will learn about line, contour, positive and negative space, shading, composition and perspective. Pencil, pen, conte and charcoal will be the primary tools used to create the basis for future work as well as finished pieces. Please bring a 11"x14" sketch pad, 1 drawing pencil HB, 1 drawing pencil 4B and an artgum eraser to class. Classes are held at the Bowman House, 211 Center St South.

April 14 - June 2

437242 A1 - T—7:00 p.m.- 9:00 p.m.

Fee R \$80 / NR \$100—Eight classes

ADULT POTTERY

BEGINNING WHEEL s/c

Monday and Friday Instructor: Lori Yankovitz

You will be introduced to the basics of wheel pottery, wedging, centering, throwing, trimming, and glazing. Pieces will be high fired in an oxidation kiln. Students should purchase a basic tool kit consisting of a sponge, needle tool, wire and wooden sculpting tools, which are available at a ceramic supply store or through catalogues. It is important that students attend the first day of class. Students should also bring an old towel and sponge to class and wear old clothes to class.

Beginner (no experience)

April 13 - June 8 (No class May 25)

437211 A1 - M - 6:30 p.m. - 9:30 p.m.

Fee: R \$120 / NR \$150 - Eight weeks

Beginner II (Must complete two sessions of beginner)

You may not register on-line for this class. Written approval from the instructor must accompany your registration form.

April 17 - June 2 (No class May 22)

437211 B1 - F - 6:30 p.m. - 9:30 p.m.

Fee: R \$120 / NR \$150 - Eight weeks

INTERMEDIATE WHEEL s/c

Instructor: Beth Kendall

This class is designed to expand on the basics taught in beginning wheel. In this class we usually work in depth on one or two projects per session. Projects include, but are not limited to, throwing larger forms, lidded pieces, decorating techniques, refining our work, glazing and much, much more. All students interested in this class should have at least 2 years of current beginning classes or approval from the instructor prior to registering. Students should bring a sponge, old towel and bats to class. At least two years experience needed in order to take this class

April 14 - June 2

437212 A1 - T - 7:00 p.m. - 10:00 p.m.

Fee: R \$120 / NR \$150 - Eight weeks

ADVANCED WHEEL s/c

Morning Instructor: Fran Symes

Evening Instructor: Lori Yankovitz

You will learn a variety of advanced techniques and will learn to refine your work both aesthetically and functionally during the evening class. Students should bring a sponge, old towel and bats to class. At least 3 years experience needed to take this class.

April 22 - June 10

437213 A1 - W - 9:30 a.m. - 12:30 p.m.

April 15 - June 3

437213 B1 - W - 6:30 p.m. - 9:30 p.m.

Fee: R \$120 / NR \$150 - Eight weeks

HANDBUILDING s/c

Instructor: Treena Rinaldi

You will learn various methods of handbuilding pots for both functional and decorative use and will learn a variety of glazing and decorating techniques. Advanced students entering the class are encouraged to develop and work on specialized projects.

April 16 - June 4

437214 A1 - TH - 9:30 a.m. - 12:30 p.m.

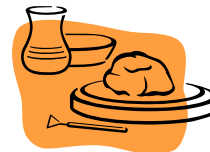
437214 B1 - TH - 7:00 p.m. - 10:00 p.m.

Fee: R \$120 / NR \$150 - Eight weeks

ADULT POTTERY s/c

18 and older

Fee includes 25 pounds of clay, glazes and firings. An additional 25 pounds of clay may be purchased for \$15. Only clay purchased from the Recreation Department may be used in the studio. Class fee listed under individual classes. Children may not accompany parents.



.....
• All arts and crafts classes are held at •
• the Bowman House •
• Arts and Crafts Center •
• 211 Center St. S •
• (Unless otherwise noted) •
.....

**A reminder that there
are no refunds for
Pottery Lab!**

POTTERY LAB s/c

Open to adult students in the pottery program.

437210 A1 – April 18 - June 4 (No lab May 23)

Tuesday – 10:00 a.m. – 1:00 p.m.

Thursday – 9:30 a.m. – 10:00 p.m.

Saturday – 10:00 a.m. – 3:30 p.m.

Fee: \$45 per person for unlimited lab time on each day offered. \$15 for 25 pounds of clay which includes glazes and firings. Only clay purchased from the Recreation Department may be used in the studio. Children may not accompany parents to lab. You can not register for lab on-line.

COMMUNITY EVENTS



VIENNA AT YOUR SERVICE

Join the Mayor for a series on "Your Town". This series of free public meetings are for citizens who wish to learn more about the operations of each of the Town's departments. Please register for each session you would like to attend. Meetings are as follows:

FINANCE DEPARTMENT

VIENNA TOWN HALL, 127 CENTER STREET SOUTH

Phil Grant, Director of Finance, will discuss water and sewer billing, taxes and the Town budget procedures and other duties his office performs.

March 10

243379 D1 - T - 7:30 p.m. - 9:00 p.m.

TOWN BOARDS AND COMMISSIONS

VIENNA TOWN HALL, 127 CENTER STREET SOUTH

A more in-depth look at the seven Boards and Commissions that Vienna residents can serve on and their specific duties.

May 12

243379 E1 - T - 7:30 p.m. - 9:00 p.m.



Vienna Green Expo

Thursday, April 16th



Presenting practical information and demonstrations to help you make green choices!

Presentations and discussions for children and adults from local organizations and businesses

ADULT HEALTH AND FITNESS CLASSES

MINDFULNESS- BASED STRESS REDUCTION AT MEADOWLARK BOTANICAL GARDENS s/c

Instructor: Trisha Stotler

Mindfulness – Based Stress Reduction (MBSR) is an intensive course designed to transform your relationship to stress, improve your health, and increase your enjoyment of life. Research shows that many people who complete this course report:

- Lasting decreases in physical and psychological symptoms
- An increased ability to relax and enjoy each moment
- Lower pain levels and/or a better ability to cope with pain that may not go away
- Improved self-esteem, self-acceptance and confidence
- Cultivating powerful inner resources for coping with life stressors

Greater energy and enthusiasm for life The class consists of eight 2-hour classes, and one half-day retreat. Classes are highly participatory and practical. The course includes guided instruction in mindfulness meditation, mindful movement exercises, group discussions, and exercises to help bring mindfulness to challenging situations in everyday life. Homework consists of 15 – 45 minutes of daily practice with specially designed materials.

For more information, please call program coordinator, Cheryl Harlan at 703-255-7801.

April 16 – June 11

441333A1 - T – 10:30 a.m. – 12:30 p.m.

Fee: \$350 One fee for everyone includes a part day retreat – class runs Nine weeks

JAZZERCISE s/c

Teens and Adults

Instructor: Joan Brown

The original dance exercise phenomenon! Each 60 minute class offers a blend of jazz dance and exercise science choreographed to today's hottest music, including Top 40, jazz country, funk and classics. Easy to follow fun choreography includes a gentle warm up, 30 minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. To register call 703-802-1483.

M/W/F - 9:30 a.m. - 10:30 a.m.

M/W - 6:30 p.m. – 7:30 p.m.

Fee: \$42 monthly pass
\$10 per class for walk in.

JAZZERCISE ON THE LIGHTER SIDE s/c

Teens and Adults

Instructor: Joan Brown

Fitness that's not intimidating, just invigorating! This 60-minute class pairs moderate aerobics with exercises that are designed to improve strength, balance and flexibility using easy-to-follow movements. Whether you are a beginner, newcomer, a senior, pregnant, significantly overweight, or otherwise physically restricted, you can't go wrong with this popular light version of the original Jazzercise program. For more information Call 703-802-1483 to register.

T/TH - 5:45 p.m. - 6:45 p.m.

Fee: \$42 monthly pass
\$10 per class for walk in.

REGISTRATION DATES

**IN TOWN BEGINS
FEBRUARY 2 AT 8:00 A.M.**

**OUT OF TOWN BEGINS
FEBRUARY 9 AT 8:00 A.M.**

Classes need to reach the minimum number one week prior to the start or they will be canceled. Please register early.

STROLL'N SHAPE

Instructor: Sharon Turner, ACE Certified Personal Trainer and Group Fitness Instructor

Stroll'n Shape features a total body workout in a comfortable baby friendly environment. The workout includes interactive exercises with mom and baby using Pilates techniques. Strength and muscle conditioning is the focus using equipment which will be provided. There will be an added emphasis on regaining core strength.

Please bring a mat and towel to class

First class will meet at the front of the Community Center

April 13 – June 8 (No class May 25)

403050 A1 – M - 9:30 a.m. – 10:30 a.m.

Fee: R \$96 / NR \$120 – Eight classes

April 15 - June 10

403050 B1 – W - 9:30 a.m. – 10:30 a.m.

Fee: R \$108 / NR \$135 – Nine classes



ADULT HEALTH AND FITNESS



PILATES WITH PROPS s/c

Ages: 14 and up

Instructor: BodyMoves Fitness, LLC

Pilates with Props extends the benefits of Pilates Matwork by employing small apparatus including FlexBands and Sponge-balls to increase the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss Ball. (Optional material fee in class to purchase a burst-resistant, 55cm Swiss Ball from the instructor or bring your own.)

April 14– June 2

433500 A1 – T - 12:30 p.m. – 1:30 p.m.

Fee: R \$104 / NR\$130 – Eight classes

PILATES MATWORK s/c

Ages: 14 and up

Instructor: BodyMoves Fitness, LLC

Enjoy the numerous benefits of this popular discipline. Strengthen the torso, including the body's "Powerhouse" area; enhance balance and muscle control, while increasing flexibility and range of motion; develop proper body alignment, "lengthening" the spine; and connect mind to muscles using the breath and mental focus. **Please bring a mat to class.**

April 15 – June 3

433500 B1 – W - 7:00 p.m. – 8:00 p.m.

Fee: R \$104 / NR\$130 – Eight classes



MORNING FITNESS WAKEUP s/c

Ages: 18 and up

Instructors: John Mays and Nathan Greiner (certified personal trainers)

This class is a group personal training program for adults run by certified personal trainers. Get the benefits of your own trainer at a fraction of the cost. The program runs continuously throughout the year. It is designed to promote long lasting healthy habits and reduce the effects of aging in adults. Class will incorporate:

- ~ Weight Training – strong bones and muscles, weight management
- ~ Cardiovascular (indoor / outdoor) – increase heart efficiency, weight management
- ~ Flexibility Training – connective tissue health

March 9 – April 3

333429 C1 – M/W/F - 6:00 a.m. – 7:00 a.m.

April 13 – May 9

333429 D1 – M/W/F – 6:00 a.m. – 7:00 a.m.

Fee: R \$149 / NR \$186 – Twelve classes

TAI CHI CHAUN

Instructor: Keith Harrington

Tai Chi Chaun is basically a martial art, but consists of a system of soft intrinsic exercises. It is the body controlled by the mind. It is this mind, which is actually the moving force present with every motion. All patterns and movements are composed of circles, arcs, curves, and spirals of all sizes going in all directions. Tai Chi Chaun builds good physique, as all muscles and joints are exercised. It will improve inner body health due to deep and concentrated breathing, cultivates patience and restraint, influences nervous, cardiovascular, respiratory and digestive systems and immensely improves balance, which normally deteriorates with age.

Beginner

April 13 – June 10 (No class May 25)

433030 A1 – M/W – 7:00 a.m – 8:00 a.m

Fee: R \$80 / NR \$110 – Seventeen classes

CARDIO BOXING S/C

Ages 16 and up

Instructor: Fee Pearson

This 45-minute calorie blasting workout uses aerobics, kicks, and punches to improve fitness. Although this class is high energy, variations are demonstrated for high and low impact. Kick, jab, and punch your way to fitness to the hottest dance music.

March 11 – May 20 (No class April 8)

433022 A1 – W – 8:15 p.m. – 9:00 p.m.

Fee: R \$110 / NR \$137.50 – Ten classes



ADULT HEALTH AND FITNESS

HATHA YOGA

Teens and Adults

Instructor: John Giunta, MA

Have fun while we gain flexibility, strength, improve concentration and achieve deeper union of body, mind and spirit with authentic yoga teachings. Dress for movement and bring a mat. John has made a pilgrimage to India, studying Vedanta and Raga yoga. He is a senior teacher with nearly 30 years of teaching experience. A published author with numerous media appearances, he is also a certified Phoenix Rising Yoga Therapist and consultant on yoga listed with George Mason University Arts Wellness. John provides his own live music for mediation at the end of the class.

Beginner

April 14 – June 9

433050 A1 – T – 7:00 p.m. – 8:30 p.m.

Fee: R \$81 / NR \$101.25 – Nine classes

April 13 – June 8 (No class May 25)

433050 C1 – M – 12:30 p.m. – 1:30 p.m.

Fee: R \$48 / NR \$60 – Eight classes/one hour

Beginner/Intermediate

April 18 – June 13

433050 B1 – S – 7:00 a.m. – 8:30 a.m.

Fee: R \$81 / NR \$101.25 – Nine classes

Advanced

April 16 – June 11

433051 A1 – TH – 7:00 p.m. – 8:30 p.m.

Fee: R \$81 / NR \$101.25 – Nine classes

YOGA SCULPT AND STRENGTH s/c

Ages 16 and up

Instructor: Body Moves Fitness, LLC

Integrate the advantages of muscle conditioning with the alignment benefits of yoga practice. Bring mind and body into harmony while toning your musculature and preserving bone density. Weight bearing positions apply correct force to muscles around the bones, promoting strength and encouraging maintenance of bone mineralization. Use breath and focus to work fully with decreased stress and injury. Please bring a mat and light hand weights (1 – 2 lbs.) to class.

April 13 – June 1 (no class May 25)

433501 A1 – M - 7:30 p.m. – 8:30 p.m.

Fee: R \$77 / NR \$96 – Seven classes



FAMILY YOGA s/c

Ages 16 and up

Instructor: BodyMoves Fitness

Do you need an opportunity to spend time as a family, relax, exercise and be with each other? Family yoga offers a calm, mindful activity to bring you closer to your children. Multiple ages experience yoga together through partnering, games and inventive poses. This interactive class develops self-awareness, body knowledge and a closer bond in a relaxed and welcoming environment.

April 13 – June 1

433501 B1 – T - 6:30 p.m. – 7:15 p.m.

Fee: R \$140 / NR \$175 – Seven classes

KUNDALINI YOGA

Ages 16 and up

Instructor: Hari Kaur Khalsa

Yoga is an ancient system of self-healing which combines yoga postures/specific breathing techniques and meditation into integrated systematic combinations which strengthen the body, relieve stress and increase self awareness. Bring an exercise mat and wear comfortable loose clothing.

April 16 - June 4 (No class April 30)

433052 A1 – TH - 9:30 a.m. - 11:00 a.m.

Fee: R \$63 / NR \$78.75 – Eight classes

ADULT HEALTH AND FITNESS

TOTAL FITNESS AEROBICS THE ULTIMATE WORKOUTS/c

Instructor : Nina Crissey (AFAA certified with over 20 years experience)

This fun and challenging class is designed to increase cardiovascular fitness along with developing tone through muscular conditioning. This low-impact, high intensity workout is designed to meet the needs of all levels of fitness. This one-hour workout consists of 40 minutes of aerobics including stand-up toning exercises and 20 minutes of floor work concentrating on abdominal muscles and legs. Enjoy top 40, classic rock and high energy favorites while you get in great shape. Men and women are welcome. Please remember to bring a water bottle and towel or mat. For more information please call Nina @ 703-255-6630.

April 9 – June 30 (no class Apr.16, May 5, Jun. 16)

433020 A1 – T and TH, 6:00 p.m. – 7:00 p.m.

Fee: R \$189 / NR \$220.50 – twenty-one classes

April 9 – June 30 (no class Apr.16, May 5, Jun. 16)

433020 B1 – T and TH, 7:15 p.m. – 8:15 p.m.

Fee: R \$189 / NR \$220.50 – twenty-one classes

April 11 – June 27

433020 C1 – S - 8:30 a.m. – 9:30 a.m.

Fee: R \$99/ NR \$115.50– Eleven classes

ZUMBA - LATIN AEROBICS s/c

Ages 14 and up

Instructor: Lupe Rother

Zumba combines high-energy and motivating music with Latin dance and aerobics moves to create a fast-paced, effective, and fun workout. Zumba toning takes the original zumba dance fitness class to the next level utilizing an innovative muscle training protocol with the addition of light weight toning sticks or dumbbells. This Latin-inspired dance and combination of rhythms within the same songs and flavor: Latin Disco, reggaeton, cumbia, conga, hip-hop, meringue, belly dance, salsa, cha cha, and more. You don't have to be a dancer to zumba as long as you keep moving, you can't make a mistake.

March 30 – June 1 (No class April 6, May 25)

433021 A1 – M - 7:00 p.m. – 8:00 p.m.

March 14 – May 23 (No class April 11, 25 or May 9)

433021 B1 – S - 10:00 a.m. – 11:00 a.m.

Fee: R \$80 / NR \$100 – eight classes

TENNIS EVERYONE!

FirstServe Tennis Academy is back for another exciting year of first-rate instructional tennis programs for players of all abilities ages 4 – adult! Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment that fosters student improvement and achievement. By keeping class size small, students benefit from individual attention that leads to quick results. New programs have been added this year for students of all ages and levels. Also, lessons by appointment are available so you can set up a lesson plan that fits in your schedule. Whatever your level of play, you are just a few hours of FirstServeTennis instruction away from a lifelong love of tennis!

- **Bring water and your own racket, contact FSTA for advice on purchasing the appropriate racket at 571-217-1684 or visit www.tenniseveryone.net for more information.**

ADULT TENNIS CLASSES - Ages 18 and up s/c

Tennis I - Adult Beginner AM

March 30 – May 18 (No class April 6)

434040 A1 – M - 9:30 a.m. – 10:45 a.m.

Fee: R \$175 / NR \$218.75 – Seven classes

Tennis III - Adult Intermediate/Advanced PM

March 31 – May 19 (No class April 7)

434040 E1 – T - 8:30 p.m. – 10:00 p.m.

Fee: R \$210 / NR \$262.50 – Seven classes

Tennis II - Adult Supervised Match Play and Drill AM

March 30 – May 18 (No class April 6)

434040 B1 – M - 10:45 a.m. – 12:15 p.m.

Fee: R \$158 / NR \$197.50 – Seven classes

Lessons by Appointment for Adults and Children

Make checks payable to: First Serve Tennis Academy

Contact FSTA instructors directly to set up time and dates for your individual, semi-private, and private group lessons. Call 703-868-8172 or visit www.tenniseveryone.net for more information, including program and racket recommendations. All classes are at Glyndon Park unless otherwise noted.

April 1 – November 1

Private (one student): \$55/hr (Contact FSTA for season pass discounts)

Semi-Private (two students): \$35/hr/student (Contact FSTA for season pass discounts)

Small Group (3 students): \$30/hr/student (Contact FSTA for season pass discounts)

Small Group (4 students): \$25/hr/student (Contact FSTA for season pass discounts)

Large Group/Special Events/Birthday Parties, etc. (Contact FSTA)

30-minute pro-rated lessons are available for ages 4 – 6.

* Please note: Cancellations within 24 hours of the scheduled lesson time will be charged 100% of the lesson tuition.

ADULT SPORTS LEAGUES

ADULT SPRING TENNIS LEAGUE s/c

Ages: 18 and up

Registration is now being accepted for our spring tennis league. Registration is open until league fills with eight players in each division (16 men, 16 women). All matches will be played at either Meadow Lane or Glyndon Park. Players should rate themselves as 2.5 or higher on the National Tennis Rating System to participate. Each league member will play a minimum of seven matches during the season. League rules, regulations, and schedules will be mailed to participants after the registration deadline date. There are two divisions; Division I will be the more competitive division. To compete in division I, players must rate themselves on the NTRS scale above a 3.5 level.

Please indicate on the registration form which division you would prefer to play in.

March 29 (Women's play begins)

433041 A1 – Women's Division One – Sundays

433041 B1 – Women's Division Two – Sundays

March 28 (Men's play begins)

433040 A1 – Men's Division One – Saturdays

433040 B1 – Men's Division Two – Saturdays

Fee: R \$15 / NR\$20

CO-ED SPRING SOFTBALL LEAGUE

Ages: 18 and up

The Vienna Parks and Recreation Department will be accepting registration for the spring co-ed softball league. A temporary roster and \$450 team fee will be required at time of registration. Teams will be accepted on a first come first serve basis. League is limited to 12 teams. All games will be played on Sundays starting at 10:00am at Southside Park. Fees cover 10 regular season games (double headers), umpires, two softballs per game, awards, and post-season tournament play. For a league package, please call Enrique Guzman at 703-255-6352 or e-mail at eguzman@viennava.gov

333080 A1 - Sundays

Fee: \$450/Team

VIENNA MEN'S SOFTBALL LEAGUE

Weeknights

Ages: 18 and up

The Vienna Parks and Recreation Department is accepting registration for the 2009 Vienna Men's Softball League. **A temporary roster and \$100 non-refundable deposit will be required at the time of registration. Registration will be accepted on a first come first serve basis. The registration deadline is February 29th.** League play will begin on Monday, April 7th, and all games will be played at Southside Park in Vienna. For a league information package, please contact Enrique Guzman at 703-255-6352 or email eguzman@viennava.gov

333081 A1 – Men's Softball League

Team Fee: \$500

MEN'S ADULT BASKETBALL LEAGUE

Ages: 18 and up

Registration is now being accepted for the Vienna Parks and Recreation summer basketball league. Teams will be accepted on a first come first serve basis. The league is limited to 20 teams. To hold a spot, teams must submit a completed roster and team fee of \$550. **There is also an additional \$20 charge per person for all non-county residents.** The league will consist of two divisions of 10 teams playing a round robin schedule. The top seven teams in each division will make it to a single-elimination playoff tournament for the championship! For a league package, please call Enrique Guzman at 703-255-6352 or e-mail at eguzman@viennava.gov

June 22 – August 10

133090 A1

Fee: \$550/Team

ADULT DROP IN PROGRAMS

Ages: 18 and up

Basketball – Mondays and Wednesdays – 8:30 – 10:30pm
Volleyball – Tuesdays and Thursdays – 8:30 – 10:30pm
Table Tennis – Tuesdays and Thursdays – 8:30 – 10:30pm
\$3 for out of town residents, gym may be closed for special events. **Please call the Community Center before you plan to arrive at 703-255-6360 to ENSURE the gym is open.**

April 1 – June 11

Gym closed: **February 19, April 9, May 25.**

YOUTH OPEN GYM

February 2 – June 6, 2009

AGES 6 – 11 ONLY

Mondays, 1:00p.m. – 3:00p.m.

AGES 12 – 17 ONLY

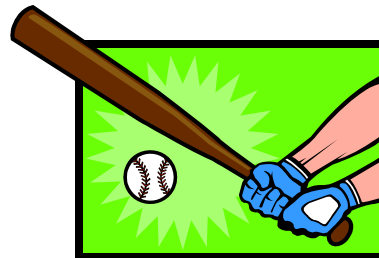
Mondays, 3:00p.m. – 5:00p.m.

AGES 6 – 11 ONLY

Wednesdays and Fridays, 3:00p.m. – 4:00p.m.

AGES 12 – 17 ONLY

Wednesdays and Fridays, 4:00p.m. – 5:00p.m. Please call the Community Center before you plan to arrive at 703-255-6360 to ENSURE the gym is open. **Gym will be closed: Feb. 2,4,9,11,20, Mar. 2,4,9,16, May 8,25.**



BABY BOOMERS AND BEYOND

MONDAY MORNING NEIGHBORHOOD WALKERS s/c

Walking Guide: Elaine Zeitlin

Walk on local trails and scenic neighborhoods in the area. This group will accommodate a range of moderate walking speeds. Come prepared to meet new walking buddies and to have a generally great time! The fee for this program covers the cost of our guide and written materials related to walking tips, places to walk, trail maps and more! **Advance Registration is Requested.**

March 30 - April 27

443282 A1 - M - 10:00 a.m. - 11:00 a.m.

Fee: R \$5 / NR \$6.25 - Five sessions



GENTLE YOGA AND MINDFULNESS MEDITATION s/c

**Instructor: Cheryl Harlan,
Registered Yoga Alliance Teacher**

This class focuses on gentle yoga and mindfulness, a moment-to-moment awareness. Each session consists of a joint freeing series of movements, breathing techniques, postural alignment, balance, modified poses and self massage. Each class ends with a deep relaxation with music. This class aims to boost energy, relieve anxiety, enhance concentration, increase flexibility, strength and balance and improve sleep. **Dress comfortably for movement and in layers, bring a sticky yoga mat and an eye cover. Advance registration is requested.**

March 31 - May 5

442475 A1 - T - 9:30 a.m. - 11:00 a.m.

Fee: R \$60 / NR \$75 - Six sessions

SEE PAGE 21 FOR OUR
MINDFULNESS - BASED STRESS
REDUCTION PROGRAM
WHICH COMPLIMENTS THE YOGA CLASS

FRIDAY ADVENTURE WALKERS s/c

Walking Guide: Susan Williams

Back by popular request this walking program is perfect for the walker that likes to meet at various locations and walk a different three mile scenic path each week. Walks included in this season are:

1. April 3 - Vienna Community Center
2. April 10 - Oak Marr Recreational Center
3. April 17 - Riverbend Park to Great Falls
4. April 24 - Burke Lake Park
5. May 1 - Eleanor C. Lawrence Park

Each walk is about three miles. Walkers should be able to maintain a moderate walking pace of 12 - 18 minutes a mile. This class will meet rain or shine. People are responsible for getting to each location. The first class meets at the Vienna Community Center lobby. Walking guides with maps to walking locations will be distributed the first day of the program. It is suggested that you bring a cell phone with you on walks.

Advance Registration is Requested.

April 3 - May 1

442472 A1 - F - 10:00 a.m. - 11:00 a.m.

Fee: R \$15 / NR \$18.75 - Five Sessions

BREAK IT DOWN ZUMBA A SLOWER STEP-BY-STEP PROGRAM S/C

Instructor: Lupe Rother, Professional Dancer

Is there a little bit of Exotica and Latino deep inside of you just waiting to get out? **Ooooooohala!** Join us as we learn some of the most popular dance step movements including Salsa, Merengue, Rhumba, Cumbia, Samba, Raggaeton, Cha, Cha, and Belly Dance. This class will be taught in a slower manner than most Zumba classes so that you can learn step-by-step how to shake those shoulders, unlock those hips, move those knees and feet in a sultry, fluid style. You will also become more aware of how proper breathing, posture and flexibility can help you to define every step you take. This an aerobic movement class where you move on your own without partners.

March 13 - May 8 (No class on April 10)

433021 C1 - F - 11:00 a.m. - 12:00 p.m.

Fee: R \$80 / NR \$100 - Eight classes

REGISTRATION DATES

IN TOWN BEGINS
FEBRUARY 2 AT 8:00 A.M.

OUT OF TOWN BEGINS
FEBRUARY 9 AT 8:00 A.M.

MATURE ADULTS

MATURE ADULT FITNESS FAVORITES



ABC'S FOR SENIORS (Agility, Balance, Coordination) s/c

Instructor: Rosemary Reca, ACE Personal

Trainer

This class is for older adults who want to improve and maintain their every day abilities of daily living. The class includes balance exercises, a mild cardio workout, bending, stooping and reaching exercises as well as strength training, and stretches for increased flexibility. Seniors will perform some activities in a chair, and other movements while standing, holding on to a chair or ballet bar. The class incorporates the use of balance equipment, hand weights, exercise bands and soft balls, all available for you during the class. If you have hand weights please bring them to class. **Advance registration is requested.**

April 29 - June 10

442576 A1 - W - 1:30 p.m. – 2:30 p.m.

Fee: R \$49 / NR \$60 – Seven classes

HEART AND SOLE CHAIR EXERCISE PROGRAM s/c

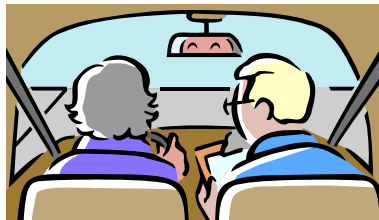
Instructor: Joey Wagner

This is a unique aerobic, strength and flexibility program of chair-assisted exercise for persons with limited mobility, arthritis, diabetes, neurological impairments, compromised balance and/or beginning exercisers! “Fun”ctional fitness that utilizes energetic, yet light hearted music (Broadway hits, big band, swing, oldies but goodies) to sharpen the mind, improve coordination and condition the body! This dynamic, effective program with an upper and lower body workout **in a chair**, helps strengthen the cardiovascular system, tone muscles, focus on posture, and increase range of motion and flexibility! Unconventional exercise props enhance and compliment the workout! **Register early.**

April 3 – June 5

442476 A1 - F - 12:30 P.M. - 1:30 P.M.

Fee: R \$75/ NR \$93.75 – Ten classes



AARP MATURE SAFETY PRO-

Presenter: Ralph Rosenthal

The Vienna Community Center is hosting the **AARP Driving Safety Program**. This comprehensive classroom driver retraining course is geared to the specific needs of motorists **aged 50 and older**. The course will cover the effects of aging and medications on driving, basic driving rules, license renewal, local traffic hazards, adverse road conditions and accident prevention measures. Graduates of the course could receive a five to ten percent discount from their car insurance company. The cost of the course is **\$12 for AARP Members and \$14 for non members** and paid on the first day of class to the instructor. **Checks should be made payable to AARP.** Class size is opened to 35 participants. Individuals are given a one hour break for lunch from 12 noon until 1:00 p.m. It is suggested that you bring a bag lunch to class. Also there are many fast food and healthy eateries within one or two blocks of the center. Both classes must be attended. **ADVANCED REGISTRATION IS REQUIRED AND CANNOT BE TAKEN OVER THE PHONE.**

April 23 - April 24

442290 A1 – TH/F - 10:00 a.m. – 3:00 p.m.

Fee: AARP Member \$12 / Non-Member \$14 payable in class to the instructor

GRAM s/c

Classes need to reach the minimum number one week prior to the start or they will be canceled. Please register early.

MATURE ADULTS

WRITING YOUR PERSONAL HISTORY

Coordinators: Herman Carter and Pat Lavey

Our lives are filled with unique experiences, which make future generations more knowledgeable, when shared through written autobiographies. This is an opportunity to record the story of your life for your children, grandchildren, and generations to come. At the beginning of each session class members select topics about which to write. Each week every class member comes to class prepared to read the equivalent of one or two word processed or hand written pages. There is no formal critique of writing, only friendly feedback by seasoned class members. **This class is run by participants and does not have formal instruction. It is for fun, friendship and supportive feedback. No class on May 7th because of our writing symposium. Register for that program too!**

April 2 – August 13

442480 A1 -TH -10:40 a.m. – 12:40 p.m.

Fee: \$5 contribution payable in class for an administrative support and refreshments fee

FOUNDATIONS OF WRITING: MEMOIR WRITING WORKSHOP S/C

Instructor: Cheryl Somers Aubin, Published Writer, MA Writing John Hopkins University

Are you interested in sharing your writing in a supportive atmosphere? If so, this is the class for you! In this memoir writing workshop, students will share their memoir pieces with each other and also get comments and suggestions from fellow students as well as a teacher. Every week students will be given a writing prompt to work on for the following week.

No class on April 16. All writing students are encouraged to register for the Writing Your Personal History Symposium on May 7. See details below
March 19 - April 30

442481 A1 - TH - 8:45 a.m. – 10:30 a.m.

Fee: R \$57.60 / NR: \$72 - Six sessions



The Ninth Annual Writing Your Personal History Symposium at the Vienna Community Center

PRIVATE FACES AND PUBLIC PLACES

Thursday, May 7 – 10:00 a.m. – 2:00 p.m.

**Coordinated by Dianne Hennessy King,
Editor, Cultural Anthropologist and Memoir Writing Instructor**

Fee: \$20 symposium fee only

Bring a bagged lunch or pre-order a boxed lunch for \$6.50

Gain inspiration and writing techniques from wonderful speakers who will explore the connections between personal history and public history. Improve your own writing by learning from authors, editors, a broadcast journalist, creative writing teachers and fellow writers at the symposium.

Featured speakers include:

Nina Sichel

co-editor of Unrooted Childhoods: Memoirs of Growing Up Global

Walter C. Rodgers

**formerly senior international correspondent for CNN and author of
Sleeping with Custer and the 7th Cavalry: An Embedded Reporter in Iraq**

PLEASE NOTE LUNCH OPTIONS. ADVANCE REGISTRATION IS NECESSARY

May 7

442484 A1 - TH -10:00 a.m. - 2:00 p.m. - Fee: **\$20 registration fee only**

442484 B1 – LUNCH FEE REQUIRES REGISTRATION - Fee: \$6.50 fee for a pre-ordered boxed lunch

Boxed lunch will contain a turkey on rye sandwich, with potato chips, a chocolate chip cookie and a lemonade.

Coffee and tea are included in the symposium fee.

MATURE ADULTS

DROP-IN LEGAL SEMINARS WITH DAVID HOFFMAN, J.D. WILLS, TRUSTS, ESTATES

**These programs meet on Mondays between 10:00 a.m. and 11:30 a.m.
Simply mark the date and plan on attending**

March 9

10 THINGS EVERY EXECUTOR SHOULD KNOW

So you have finally selected your executor. Now, the question is, will he know how to be a good one. The law holds executors and trustees to a very high standard and carelessness can result in law suits, removal and even criminal prosecution. Presented for executors, trustees and the people who select them, *"10 Things Every Executor Should Know"* is a 90 minute guide on how to do the job right. Topics include: preparing probate papers; filing tax returns; prudent investing; taking a commission; basic fiduciary accounting and more.

April 6

WHAT TO FEED A LIVING TRUST

You have probably heard about living trusts. Maybe you've even heard that they can avoid probate, save taxes, prevent guardianships and live on long after you're gone. But how do you make it "live" in the first place? Knowing the answer to that question can mean the difference between a perfect estate and utter chaos. This is a 90 minute lecture on the use, care and appetites of Living Trusts. "Topics include: a review of Virginia Trust Law; funding your trust; what every banker doesn't know; trusts and mortgages, record keeping; making amendments; taxes, trusts and the IRS and much more.

May 11

THE FIVE STEP ESTATE PLAN

It's a fact. Estate planning can make you ill. There is so much to understand and so many decisions to make. Sometimes, just knowing where to begin is painful. The Five Step Estate Plan is formulated to bring relief. This 90 minute presentation administers estate planning in small bites that are easy to swallow. It is a jargon free, non-drowsy formula to help you to overcome your fear of wills, trusts, taxes and probate and to cure your chronic indecision. No prescription required. Just bring yourself, your spouse, your friends and your family, but leave the aspirin at home!

CLUBS AND ASSOCIATIONS

The Vienna Community Center hosts the following activities for Mature Adults. Kindly call the group coordinator for specific details about membership and events.

AMERICAN ASSOCIATIONS OF RETIRED PERSONS (AARP)

Group Coordinator: Deborah Brehony - 703-938-4306
AARP holds a luncheon the first Monday of each month and a business meeting the third Monday of each month at 12:30 p.m. in The Vienna Community Center Auditorium.

NATIONAL ASSOCIATION OF ACTIVE AND RETIRED FEDERAL EMPLOYEES (NARFE)

Group Coordinator: Kathy R. Arpa – 703-205-9041
NARFE meets the first Tuesday of the month at 1:30 p.m. in The Community Center Auditorium.

50-90 CLUB

Group Coordinator: Paul Schmitt - 703-255-4743
This group meets the third Saturday of each month for dinner and a special program at 5:00 p.m.

THE VIENNA SENIORS BRIDGE CLUB

Group Coordinator: Richard Laporte – 703-204-4508
Intermediate and advanced bridge players are invited to attend our gatherings on Wednesdays at 10:30 a.m.– 2:00 p.m. for bridge. There are refreshments and a lunch break at about noon.

MATURE ADULTS

DROP-IN RECREATIONAL PROGRAMS AND MATURE ADULT SERVICES

The following programs have no fee and do not require advanced registration. Programs are held year round but do not meet on the 4th of July, Thanksgiving, Christmas and New Years. **PLEASE NOTE THAT SINCE THERE IS NO FORMAL INSTRUCTOR FOR DROP-IN PROGRAMS IT IS ALWAYS ADVICEABLE FOR GROUP MEMBERS TO CHECK THE FRONT DESK ROOM RESERVATION LIST PRIOR TO EACH SESSION TO SEE IF THERE HAVE BEEN ANY ROOM CHANGES. THERE ARE NO DROP-IN CLASSES ON JUNE 17TH DUE TO HIGH SCHOOL GRADUATION**

BLOOD PRESSURE CHECKS

Nurses: Joan Brown and Carole Dysart

Second Wednesday of each month

10:45 a.m. – 11:45 a.m.

No Reservation is required. Simply drop-in for a check-up.

Wednesday – March 11

Wednesday – May 13

Wednesday – April 8

Wednesday – June 10

SENIOR FITNESS

Tuesdays and Thursdays 11:00 a.m. – 12:00 p.m.

Instructors: Jackie Dantonio, Tuesdays and Caroline Cikra Thursdays

This program will include cardio, weightlifting and stretching to aid the participants in building physical endurance, muscle strength, balance and flexibility. It will also include abdominal, leg, gluteal and stretching exercise on mats. Participants are asked to bring a water bottle, their own hand weights and fitness mats for floor work. Participants are asked to take responsibility for knowing and regulating their own fitness ability. It is suggested that you consult your physician before starting this class. **There is no class on June 16.**

PICKLEBALL

Mondays, Wednesday, Fridays - 11:00 a.m. – 12:30 p.m.

Pickleball is a cross between tennis and badminton. This is a fun and easy game to learn and can be played by anyone regardless of athletic ability. Come and be part of our regular group of very enthusiastic players. We have all levels of players in our groups including some Senior Olympic Pickleball Winners! **No Pickleball June 17.**

TABLE TENNIS

Monday and Thursday - 8:00 a.m. – 9:00 a.m.

Just show up and join us for table tennis every Monday and Thursday. Individuals of all playing abilities are welcome. This group is an on-going activity and run by group members.

CANASTA

Tuesdays - 1:00 p.m. – 4:00 p.m.

Come out and make new friends as you play the game of Canasta.

Canasta is a card game in which four people play in fixed partners opposite each other. Two 52 card standard packs plus 4 jokers are shuffled together to make a 108 card pack. Even if you do not remember all the details, a "Canasta Packer" is available to use as review or as a learning tool. There will be no formal instructor but there will be seasoned players willing to help others new to the game.

MAH JONGG

Thursdays - 1:00 p.m. – 4:00 p.m.

Come out and make new friends as you play the game of Mah Jongg

Mah-Jongg was first played by the ruling class of china and dated back to the time of Confucius. This game was introduced into the United States back in 1920. There is no formal instruction however regular players are glad to tutor new players to understand the game. The first Thursday of each month is recommended for beginners. At that time you are welcomed to observe our regular group of players. If you decide to play on a regular basis you are asked to provide your own Mah Jongg set. There is no fee. All abilities are welcome.

DOMINOES

Fridays - 1:00 p.m. – 4:00 p.m.

From dominoes to scrabble to checkers to chess, whatever game you would like to play simply show up at the center and play a game, as you make new friends. You may bring along your own board or card games and share them with others. Dominoes is the predominate game played, however there are other games available.

PLEASE NOTE THAT SINCE THERE IS NO FORMAL INSTRUCTOR FOR DROP-IN PROGRAMS IT IS ALWAYS ADVICEABLE FOR GROUP MEMBERS TO CHECK THE FRONT DESK ROOM RESERVATION LIST PRIOR TO EACH SESSION TO SEE IF THERE HAVE BEEN ANY ROOM CHANGES.



REGISTRATION FORM

VCC USE ONLY - DATE: _____
REGISTRATION ACCEPTED BY: _____

TOWN OF VIENNA PARKS AND RECREATION
120 CHERRY ST. SE
VIENNA, VA 22180
PH: 703-255-6360 / FAX: 703-255-6399
www.viennava.gov

1/07

CHECK ONE: Resident _____
Non Resident _____
CHANGE OF ADDRESS: Yes _____ No _____
EMAIL ADDRESS CHANGE: Yes _____ No _____

ONE HOUSEHOLD PER REGISTRATION FORM

HEAD OF HOUSEHOLD LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: (_____) _____ WORK PHONE: (_____) _____

CELL: (_____) _____ EMAIL ADDRESS: _____

EMERGENCY CONTACT: _____ EMERGENCY PHONE NUMBER: (_____) _____

PARTICIPANT NAME FIRST/LAST NAME	BIRTH DATE	M/F	ACTIVITY NUMBER AND SECTION (22222 A1)	ACTIVITY NAME	FEE
SAM SAMPLE	1/2/03	M	22222 B1	GYMNASTICS	\$32

PAYMENT METHOD

CHECKS ☐ MADE PAYABLE TO: TOWN OF VIENNA Total: _____
CASH ☐ (EXACT CHANGE ONLY) Total: _____
CREDIT ☐ CARD: Total: _____

☐ AMERICAN EXPRESS _____ Exp date: ____/____/____

☐ DISCOVER _____ Exp date: ____/____/____

☐ MASTER CARD _____ Exp date: ____/____/____

☐ VISA _____ Exp date: ____/____/____

SIGNATURE: _____
(I AGREE TO PAY ABOVE CREDIT CARD TOTAL)

Total Fees: _____

Less Household
Credit: - _____

Total Paid: _____

CHECK REFUND POLICY ON
PAGE 4 BEFORE
REGISTERING FOR CLASSES

In consideration of the registrant being granted permission by the Town of Vienna, Virginia to participate in this program & associated activities, I hereby release the Town of Vienna, Virginia & its officers, employees, agents, & volunteers from any & all liability relating to or arising out of the registrant's participation. I authorize the Town of Vienna and its officials, employees, agents & volunteers, at any such person's discretion to administer emergency first aid treatment & at my expense to obtain the services of a physician(s) and /or rescue squad & authorize the same to effect such treatment of the registrant as they deem advisable.

SIGNATURE OF PARTICIPANT, PARENT, GUARDIAN _____ DATE: _____

ABOUT OUR PARKS

BRANCH ROAD TOT LOT is located at the intersection of Locust Street and Branch Road, SE. This park has playground equipment for children ages 2-5. There are no restrooms at this park.

GLYNDON PARK is located on the north side of Maple Avenue on Glyndon St. It has two lighted tennis courts, a basketball court, ballfield, picnic areas with pavilions, playground equipment and restrooms. The park pavilion may be reserved for picnics by contacting the Community Center. See reservation fees.

MEADOW LANE PARK is located on the corner of Meadow Lane, Ware St and Courthouse Rd. This park has two lighted tennis courts, a basketball court, ball fields, playground equipment, restrooms and pavilions. The park pavilion may be reserved for picnics by contacting the Community Center. See reservation fees below.

MOOREFIELD PARK is located at 700 Courthouse Road adjacent to Nottoway Park. There is on-site parking with walking trails connecting to Nottoway Park. This is also the site of Vienna Dog Park.

NORTHSIDE PARK is located at the end of Glyndon Street on the north side of Maple Avenue. The park is a slice of undisturbed woodland with winding trails. A hiker and biker connector boardwalk will be completed in winter 2008. No restrooms.

PETERSON LANE PARK is located on Malcolm Rd. NW and is jointly operated and owned by the Town of Vienna and Fairfax County Park Authority. This park has playground equipment, a basketball court, open fields and walkways. No Restrooms.

SARAH WALKER MERCER PARK new in 2006 this park is located at the corner of Nutley and Knoll St NW. This is a neighborhood park with walking paths, seating areas and an abundance of plant material. The park has the Town's first rain garden.

SOUTHSIDE PARK is located on Ross Drive and is the site of Babe Ruth baseball, men's slow pitch, coed softball and youth football games. Playground equipment, sand volleyball court and basketball court are also available at this park.

VIENNA DOG PARK located at 700 Courthouse Road. This off-leash dog park is situated in Moorefield Park. The fenced 90 x 150 area is shaded with on-site water. Owners and dogs must follow posted rules and regulations. Dogs must be licensed by the Town of Vienna or Fairfax County. The park is open dawn to dusk. Please follow all rules and pick up after your dogs.

VIENNA TOWN GREEN located at 144 Maple Avenue East. Our newest park is in the Town center and is home to the Town Green Performance Series. The Town Green includes a plaza, lawn area, amphitheater, seating and picnic areas, restrooms and parking. The park has Wifi on site.

WILDWOOD AND STREAM

VALLEY PARKS are linear stream buffer parks with a combination of asphalt, woodchip and natural trails.



SHELTER FEES

Reservations are taken for

Glyndon and Meadow Lane Park Beginning March 3, 2009

Shelters available beginning in April

Phone or In person reservations will be taken between the hours of 8:00 a.m. - 4:30 p.m. Monday - Friday.

Shelters are available for groups up to 75 people.

Town of Vienna Groups - \$25 for 5 hours

Out of Town - \$50 for 5 hours

Bathroom Refundable Key Deposit - \$25

Electricity Fee - \$25

Fairfax County Park Authority (703-246-5700) and Northern Virginia